

JOHN J. JOHNSON
PAINT CARE
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Cooking in today's world can be joyful, he wrote.

Food, Page 1C

JOY
Cooking

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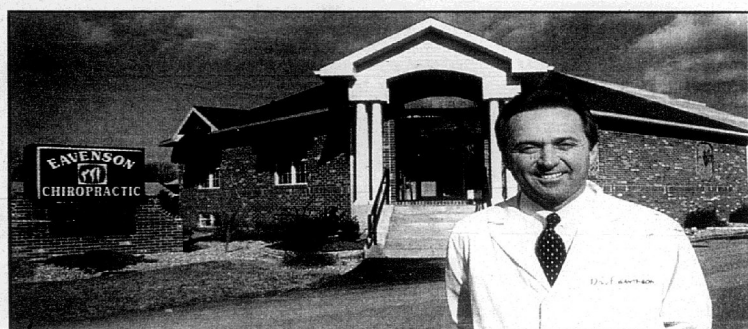
Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS
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VOLUME 22, NUMBER 10

WEDNESDAY, FEBRUARY 4, 1998

FIFTY CENTS



Staff photo by JOHN FRESE

Mark J. Eavenson D.C., stands outside his chiropractic clinic on Maryville Road. The addition being built on the back will house the Multi-Care Specialists clinic when it is finished by May. In the meantime, the health professionals will use Eavenson's existing clinic at night. Doctors started seeing Multi-Care patients this week.

One-stop medicine

Combination chiropractic-medical clinic opening here

By Scott Kelly
 Staff writer

Convenience for the customer is a smart business practice. Have all your goods or services under one roof, and it makes the experience much easier — even enjoyable — for the customer.

Several health-care professionals have formed Multi-Care Specialists, P.C., in Granite City as a convenience for customers and also as a response to their concerns of a drop in quality health care in recent years.

"The thing we're after is a one-stop shopping atmosphere, where if you come into our office for headaches, someone can evaluate you from a medical standpoint and a chiropractic standpoint," said Mark J. Eavenson, D.C., one of the clinic's principal professionals.

The individuals involved include Eavenson, chiropractor; Tibor C. Kopjas, M.D., internal medicine; Chris S. Kang, M.D., internal medicine; Jerry L. Staten, Ph.D., clinical psychologist; John A. Petrovich, M.D., F.A.C.S., general and vascular surgery; and Greg Bailey, M.D., neurosurgeon. Other professionals are making arrangements

"Sometimes, medicine isn't enough, sometimes therapy isn't enough, but together, they can usually take care of most problems."

Mark J. Eavenson, D.C.

to utilize the facility at 3968 Maryville Road.

Eavenson's original chiropractic practice on Maryville Road is being expanded to accommodate the new clinic. Future expansion is also a possibility.

The doctors are not giving up their individual practices, but are rather pooling their medical knowledge into one clinic.

"(The) doctors have very, very successful practices," Eavenson said. "Dr. Kopjas and the others are booked months in advance."

Here's how the one-stop concept came about:

"About a year ago, I started

sharing space with Dr. Kopjas here in Maryville. Very quickly he was getting compliments from the patients he sent me," Eavenson said.

Patients enjoyed the convenience of seeing both men at Anderson Hospital in Maryville, with two different professional backgrounds, in the same place, he said.

If a patient has a back problem, neck problem or an injury, Eavenson said, Kopjas could give them the medicine and he could administer the manipulation and the therapy.

"We've been doing this for about a year and a half, and the response has been tremendous," he said. "So a few months ago, (we thought) why don't we try to do this a little more intensively and do it in Granite City."

Kopjas, at one time chief of staff at Anderson, signed on to come in a number of nights each week. Soon after, Petrovich, who has a successful practice in Collinsville, approached the two and said the concept was great and he wanted in, Eavenson said.

(See CLINIC, Page 8A)

Tips lead police to alleged dealer

By Scott Kelly
 Staff writer

Granite City Police have arrested an alleged drug dealer who was already on intensive probation from Madison County for a similar offense. Arrested was John J. Kudelka, 22, of the 2200 block of Terminal in Granite City, on one count of felony possession of a firearm and unlawful possession of a controlled substance with the intent to distribute.

According to reports, Police Chief Dave Ruebhausen had received several complaints from neighbors on Terminal who reported a lot of short term traffic at Kudelka's address and said they suspected drug activity. Police had at one time also received reports of narcotics activity at the suspect's previous address on the 2300 block of Ohio.

"Drug (officers) established surveillance and saw short term traffic consistent with drug traffic," said Maj. Kip Pomeroy of the Granite City Police Department.

GRANITE CITY

At about 9:15 p.m. Friday, undercover officers observed cars coming to the Terminal address and spending about five minutes there before leaving. Eventually officers stopped a truck leaving the house, according to reports. Upon searching the truck with consent, police uncovered a white powder substance, which lead them directly to Kudelka.

The officers called for assistance, and were told by Madison County police that Granite City police could conduct a search of Kudelka's home without a warrant. Pomeroy explained how intensive probation allows officers to do that.

"(He's) subject to pop inspections from the probation officer, who can come in and search them any time," he said. Under intensive probation, individuals freedoms are extremely

(See DRUGS, Page 4A)

Butler comes home by way of Saigon

By Scott Kelly
 Staff writer

A Granite City native is inviting literary fans to take a trip through the deep green sea.

Robert Olen Butler, winner of the 1993 Pulitzer Prize for fiction for his "A Good Scent from a Strange Mountain," is coming home.

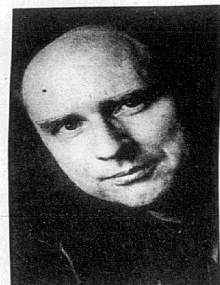
The celebrated author is on a reading tour that will take him from New Orleans to San Diego to New York to St. Louis.

"(It's) pretty grueling," he said in a telephone interview. "By the time it's over, (I'll) have been to 25 cities."

He's had good-sized crowds on his book tour. People and fans are continuously asking him to sign his "golden oldies," what he calls his previous nine published books.

Butler will read a selection from his latest book and sign copies of his works at 2 p.m. Saturday at the Granite City Public Library District Branch, 2145 Johnson Road. He will also appear at 7:30 p.m. Friday at Left Bank Books, 399 N. Euclid Ave. in the Central West End in St. Louis.

His latest novel, "The Deep Green Sea," centers on two characters in contemporary Vietnam. (See BUTLER, Page 5A)



Robert Olen Butler returns to Granite City Saturday.

SWIDA to recognize 'outstanding' efforts

By Scott Cousins
 Staff writer

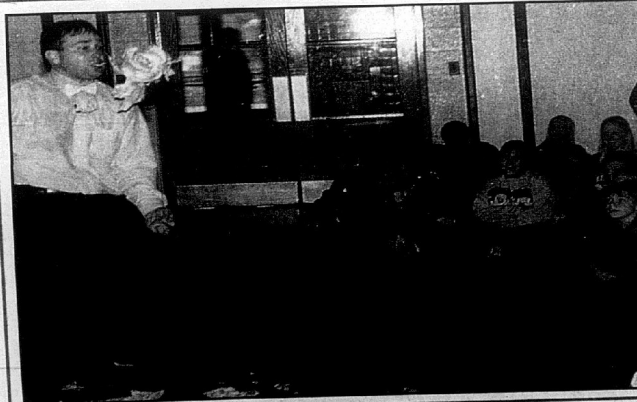
As part of its tenth anniversary celebration, the Southwestern Illinois Development Authority will recognize "outstanding examples" of economic development in Madison and St. Clair counties.

The agency announced its

"Southwestern Illinois Outstanding Development of the Year Award," which will be presented to a development which has been completed or become operational in 1997.

"This is kind of the kick-off thing for us," said Alan Ortobals, SWIDA executive director. "We're kind of in the plan-

(See AWARDS, Page 4A)



Lettuce entertain you

The 75 students selected as most improved for the first semester watch juggler Dale Jones perform for a special assembly held in their honor. Jones started his performance with basic juggling and balancing acts and ended with more humorous performances. Here, he juggles two tennis balls and a head of lettuce, while trying to eat the lettuce — most of the lettuce, of course, ended up on the floor.

Staff photo by JOHN FRESE

In the Journal

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5 FULLER'S FORECAST
 John Fuller, Meteorologist, KSDK NewsChannel 5
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VOICE BOX

What is your favorite vacation spot, and why?



"Florida. Because it's pretty and warm; and I like the ocean. And, there are cute guys there, especially on spring break."
Jamie Garies, 18 checker



"Reelfoot Lake in Tennessee. I like to go there because of the people. They make it feel welcome, and it's like they never met a stranger. And I caught some big crappie there also."
Bill Creek, 46 parts specialist



"Branson. I would like to go around Christmas. Just to see how pretty it is."
Mary Valenzuela, 46 homemaker



"Tennessee. Because it's pretty and I like the country. And, I have relatives there."
Debra White, 40 homemaker



"Lake of the Ozarks. I really like it there. I like to fish and ski. It's really pretty there."
Logan Braden, 27 carpenter

Photos by Shirley Valencia
Interviews by Shirley Valencia
Interviewed at Sava-A-Lot Grocery

Transit building on schedule

By Scott Cousins
Staff writer

Requests for bids for the Madison County Transit District's new bus garage are expected to go out in the next week or two, and other work on the facility is moving along nicely, according to MCT Manager Jerry Kane.

At last week's district board meeting, Kane said work on the bus-washing building and fuel bay were almost done.

"We believe we will be operating the district's bus (in the buildings) next week," he said.

He said because of the increased operating tempo caused by the district's absorption of most of the county's Bi-State routes, night crew workers who clean and service buses are having to come in two hours early.

On Dec. 1, MCT took over most of the county routes and placed a number of larger buses in service.

More will be placed in service in March, when the district takes over the Highland Express, and in August when the Edwardsville/Glen Carbon Express and Bethalto Express becomes an MCT operation.

"Every night we clean the inside and outside of every bus that was in service that day," Kane said.

Now, each is being cleaned by hand.

"It's a good way to clean, but it takes a lot of time," he added.

Snows shrine to celebrate marriage renewal Mass, dinner

The National Shrine of Our Lady of the Snows will host a Marriage Day of Renewal from 1 to 6 p.m. on Feb. 15.

Meg Haycraft, a relationship strategist, will present a program exploring ways to keep love alive within a marriage. After the presentation, guests

may attend a special Mass to renew their marriage vows. An optional candlelight dinner in the Shrine Restaurant will end the day.

Cost per couple is \$20 for the afternoon presentation; \$50 for the presentation and dinner for two; \$83 for the presentation,

dinner for two and one night's lodging; and \$116 for the presentation, dinner for two and two night's lodging. Advanced registration is required.

Information: 397-6700.

Volunteers needed

More community volunteers are needed to "rise and shine" next week to help those in need.

Local civic, political and business leaders are gearing up for the 10th annual "Harder's Rise and Shine for Dollar-Help."

Volunteers are needed to serve as celebrity counter helpers at this year's fundraiser, from 6 to 10 a.m. Feb. 13 at all 107 St. Louis area Hardee's Restaurants.

Volunteers will meet and greet customers in the restaurants, parking lot or drive-through windows.

Anyone donating a dollar or more will receive a free sausage and egg biscuit sandwich.

All of the money collected goes to help local low-income and older residents pay winter heating bills.

Last year's efforts raised more than \$15,000.

This year's goal is \$20,000.

(See DOLLAR, Page 7A)

Cost, easement problems lead to shorter bike trail

By Scott Cousins
Staff writer

An increase in the cost estimate and the inability to obtain easements have caused the Madison County Transit District to rethink plans for the Confluence Bikeway.

Manager Jerry Kane said the district will soon be going out for bids to construct a trail from the visitor's center at Lock and Dam 27 in Granite City to the Eastgate Shopping Center in East Alton.

The original plans were to construct a trail from the Clark Bridge in Alton to the Eads Bridge in East St. Louis.

MCT had obtained a \$4.2 million grant for the trail, but that will fund only the Granite City to East Alton portion.

The biggest engineering problem would be crossing the Wood River between Alton and East Alton.

"Crossing that body of water is going to be more than \$1 million," Kane said.

Part of the problem is the "flawed" nature of the way grants are distributed.

Now, local entities apply for construction grants before engineering work is started.

"You know the least at that time, but you have to come up with a budget," he said.

He said the original engineering estimate was \$2 million; the district asked for \$4

million, and the entire project would cost about \$8 million.

"You never know until you look at some of these engineering problems as to what it's going to cost," he said.

Another problem is the lack of right of way between Venice and East St. Louis.

Kane said the district cannot find a way to get through or around property owned by the Terminal Railroad Association, which is planning to build a large intermodal yard near Brooklyn.

"We cannot get through the Terminal Railroad right of way at the present time," Kane said.

"And you have to understand there are many safety issues that they are justifiably concerned about."

Because of that, the trail will end at the lock and dam in Granite City.

"If we can't get all the way down there to the Eads Bridge MetroLink station, it makes no sense to terminate the project down at U.E. (near the McKinley Bridge)," he said.

He added the district hopes to eventually complete the original trail.

"We're going to design it (up to Alton), but we won't have the money to build it unless we are able to get some additional funding," he said.

"I don't have much hope that that will be the case."

SCHOOL MENUS

Feb. 4-10

Granite City Public Schools

WEDNESDAY, Feb. 4 — Breakfast: Cereal, toast, jelly, banana, milk; Lunch: Chicken pot pie, salad, bread, pineapple chunks, oatmeal cookie, lunch.

THURSDAY, Feb. 5 — Breakfast: Cinnamon toast, apple sauce, milk; Lunch: Submarine sandwich on deli bun, potato rounds, mixed fruit, milk.

FRIDAY, Feb. 6 — Breakfast: Breakfast burrito, raisins, milk; Lunch: Fish fillet, rice, macaroni and cheese, peas, cherries, milk.

MONDAY, Feb. 9 — Breakfast: French toast sticks with syrup, cinnamon apple sauce, milk; Lunch: Pizza, corn, pineapple chunks, milk.

TUESDAY, Feb. 10 — Breakfast: Pizza, orange wedges, milk; Lunch: Barbecue ribs on bun, green beans, sliced peaches, milk.

Madison Public Schools

WEDNESDAY, Feb. 4 — Breakfast: cereal, toast, milk; Pizzaburger on a roll, pot pie rounds, applesauce, nachos, milk.

THURSDAY, Feb. 5 — Breakfast: Full o' busters, milk; Lunch: Ham and beans, cornbread, carrots, peaches, trail mix, pizza, milk.

FRIDAY, Feb. 6 — Breakfast: breakfast pizza, milk; Nachos with ground beef, tortilla chips, peanut butter and jelly sandwich, carrot sticks, celery sticks, fruit cocktail, ham and cheese sandwich, milk.

MONDAY, Feb. 9 — Breakfast: Cereal, toast, milk; Lunch: Beef burrito, corn, peaches, chex, milk, ham.

TUESDAY, Feb. 10 — Breakfast: Cinnamon rolls, milk; Lunch: Salads, brown gravy, carrots, pudding, pizza, milk.

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2 ma
Open hou

By Scott Cousins
Staff writer

Students and eighth-through students in Granite City get a chance to learn the basics of technical skills at an open house.

The Educational Center for the Arts and Sciences is open today at 1 p.m. today at High School.

"We want kids to see that there are programs available at GCBS counselor as."

Thomas said it is for students interested in technical or vocational training. They need to know what kind of school; and what kind of training is available in a graduate.

Mother this we

Metro East invited to a h sale from 7 Friday and Bethel United Christ, 2200 C Road in Cahok clothing, furni seware items this sale," said in, a regular sale. "Includ more items donated by Cahokia, Dup Centreville, Belleville."

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NEWS

Awards

(Continued from Page 1A)
ning stages for other things we might do during the year."

He said the agency will be accepting nominations through Feb. 15. A date for the award ceremony has not yet been set.

"We're going to have a luncheon to present the award around early May, but it's going to depend upon the availability of the speaker, and we're exploring a number of possibilities," he said.

Orbals added they are hoping Gov. Jim Edgar and Congressmen Jerry Costello, D-Belleville, and John Shimkus, R-Collinsville, can attend.

"We're going to try to work out a date where we can get all those key figures there," he said.

About 100 nominations were mailed to local political, business and economic development leaders.

"What we're doing is asking them to nominate somebody," he said. "There may be multiple awards depending on what's nominated."

Criteria include: delivering "substantial benefits to the public in terms of job creation, tax base growth, economic impact on the region or eradication of public problems such as blight, environmental contamination or flooding."

This is kind of the kick-off thing for us. We're kind of in the planning stages for other things we might do during the year.

Entries will also be judged on how well projects focus attention on, or stimulate interest in, the Southwestern Illinois region.

"Business growth in Madison and St. Clair counties is making this one of the most desirable areas in the St. Louis region," said SWIDA Board Chairman Terry Schaefer. "Southwestern Illinois has attracted several major developments, and expansion is increasing daily. SWIDA is proud to be a strategic member of the development community."

SWIDA, a self-sufficient development authority, provides technical, real estate and financial services to developers interested in the region. Since it began, more than \$200 million in investment has been issued to support numerous projects.

SWIDA has played a "key" role in the development of many important projects, including Gateway International Raceway in the city of Madison, Gateway Commerce Center near Pontoon Beach and MetroLink in St. Clair County.

"The strong pro-business atmosphere coupled with coordinated teamwork has distinguished St. Clair and Madison counties," Schaefer said. "Companies are looking to Southwestern Illinois because the door is open and the welcome mat is out."

"While the growth continues, it's appropriate to recognize those who have already chosen our region as their home," he added. "With numerous, substantial projects selections will be difficult."

Orbals said a major reason for improved economic development is cooperation among local government and business leaders.

"I think we're getting a reputation as an area that really pulls together to make projects work," he said.

He added that Edgar always makes the comment that he likes to come here because of teamwork.

"Everybody's on the same page, everybody's working together to get the job done," Orbals said. "I think this award really concentrates on the fact that here is an area that works together to make things happen."

Drugs

(Continued from Page 1A)
limited, and they are basically one step away from actual incarceration.

One of the department's drug dogs, Sparky, was called in to assist in the search, which Kudelka consented to. Police uncovered 45 grams of a white, powdery substance that officers determined by field test to be amphetamines. Police also found \$2,679 in cash, large amounts of plastic baggies, an electronic scale, a "grinder" commonly used by drug dealers to break down controlled substances, a loaded 25-caliber handgun and shotgun shells.

Kudelka was arrested. Two other people were also in the house at the time and were questioned by police and released without being charged.

Kudelka was charged with two Class 3 felonies, and is currently being held on a \$100,000 bond for each count. If convicted, Kudelka may face two to five years in prison for each count.

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NEWS

Robber hits
McKinley booth

A masked man armed with what may have been a fake gun got away with about \$80 in cash and change from a McKinley Bridge toll collector early Monday morning.

Venice Police Chief James Newsome said they were planning to view security videos later that day. Police reports stated at about 2:15 a.m. police received a report of an armed robbery at the bridge toll plaza.

A toll collector said he was standing in his booth when two men in a green car pulled up. The driver, who was wearing a mask, pulled a handgun, handed over a bag and demanded money. The toll collector said he became nervous and dropped the bag, but handed over the money. The driver then fled westbound across the bridge. The collector told police as the car was leaving, the handgun he used looked fake.

—Scott Cousins

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Butler

(Continued from Page 1A)
nam. Ben is a war veteran who returns to Saigon in search of some lost part of himself, and Tien is a beautiful, young woman who seeks to reconcile her people's beliefs with the country's new ways.

His experiences in Vietnam since the 1970s has helped fuel his imagination.

"I was there, of course, in 1971, courtesy of the U.S. Army. The critical thing is, the army sent me to a boarding school. As a result, I spoke fluent Vietnamese," Butler said.

Because of his language skills, he has a different perspective on Vietnam and its people. He served five months in intelligence in rural Vietnam, and then seven months in the Saigon City Hall as a translator.

While in Saigon — now known as Ho Chi Minh City — his favorite activity was to wander alone at midnight through the "steamy back alleys of Saigon."

"Vietnam is a people as a whole, among the warmest and most hospitable in the world," Butler said, adding families often could invite him into their homes.

"For a 26-year-old... it was quite extraordinary."

However, Butler recoils at being called a "Vietnam novelist." Vietnam and the people provided the local backdrop and the means to convey his stories.

"My real subject is the human heart and condition," he said. "And the search for self."

Butler returned to Vietnam in recent years, which fed his mind to produce his latest work.

Granite City readers of Butler may find similarities between his fictional Wabash, Ind., and Granite City, Ill., the fifth book, "Wabash," is set in a city similar to Granite City in the time of the Great Depression, though with many fictional characters and events.

Ben, from "The Deep Green Sea," hails from Wabash.

Another reason Butler has deflected being identified as a "Vietnam novelist" is he could just as easily be known as a "Granite City novelist."

Butler grew up in Granite City, graduated from the high school, and drove a taxicab here. He also worked at the blast furnace at the steel mill. So, he said, he could just as easily write about the "fresh-laid tar streets of Granite City" as the "steamy back alleys of Saigon."

Butler now lives in Lake Charles, La., with his wife, fellow novelist and playwright Elizabeth Dewberry, and he also teaches creative writing at McNeese University.

Writing novels isn't the only vocation that fills his time. He's currently at work with the cable network HBO, producing a series on his previous work, "Tabloid Dreams."

Butler has also written several screenplays, including two movies for Sidney Pollock's film company.

"Nothing produced yet," he said. "They're all in the pipeline."

Group

(Continued from Page 3A)
business investment in local communities. Members of the council include leaders in the business, industrial, labor, education and government.

Ellerman is also a member of Focus St. Louis where he serves on the planning and evaluation committee.

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OBITUARIES

Nettie Koehler

NETTIE M. PINCHOFF KOEHLER, 74, of Granite City, died at 9:23 p.m. Saturday, Jan. 31, 1998, at St. Elizabeth Medical Center in Granite City. Born Dec. 11, 1923, in Caruthersville, Mo., she was a member of Holy Family Catholic Church and Eagles Auxiliary. Employed as a seamstress for Admiral Sports Wear in St. Louis, she was the shop steward for Amalgamated Union.

Survivors include her husband, Eugene Koehler Sr., six daughters, Mary Lou Schuler of Moody, Mo., Stella Bush of Granite City, Connie Stephens of Mt. Vernon, Mo., Patricia Gizzard, all of Granite City; three sons, Eugene Koehler Jr. of Granite City, Donald Koehler of McDonough, Ga., and James Koehler of Granite City; one sister, Mildred Green of Lamey, Mo.; and one brother, Herman Pinchoff of Dexter, Mo.; 40 grandchildren; 28 great-grandchildren and five great-great-grandchildren.

She was preceded in death by her parents, William and Johnnie Miranda (Russell) Pinchoff; one son, Timothy Koehler; one sister, Anna Marie Rose; five brothers, Raymond, Charlie, Carl, Wesley and Hubert Koehler; and three grandsons, Eugene Koehler III, James Koehler and Tommy Koehler.

Services were Tuesday, Feb. 3 at Holy Family Catholic Church with the Rev. Bill Fisher officiating. Burial followed at Calvary Cemetery in Glen Carbon.

Mary Parker

MARY (MERZ) OGLE PARKER, 87, of Buffalo Grove, Ill., died Saturday, Jan. 31, 1998, at Manor Care Nursing Home in Rolling Meadows, Ill.

GRADUATES

Nearly 800 students graduated from Southern Illinois University at Edwardsville during fall commencement in December.

The names of graduate candidates, their degrees and their special honors are listed below.

- Bachelor of Arts** — +Leigh Scott.
- Bachelor of Science** — Scott Burkhardt, Scott Chandler, Kim Fearn, Scott Gaines, Tammie Moy-Dowell, Carla Rose, +Victoria White, Marion Wilson.
- Caseville** — +Leigh Scott, +Victoria White, Marion Wilson.
- Bachelor of Arts** — "Dora Arnesen, Susan Meyer, Kirk Nussbaum, Mylea Rosenfeld, Phenomena, Linda Fehlbauer.
- Bachelor of Music** — "Linda Fehlbauer.
- Bachelor of Science** — Richard Beck, Angela Clark, "Lea Dickie, Jere Dresch, Jeffrey Engle, Toni Fernandez, Breann Furfuro, John Galinski, +Kimberly Kassing Griffith, Keith Grotefend, Ryan Haislar, Gene Halbrooks, Cindy Heintz, Madeline Holsey, Darryl Howlett Jr., Susan Jones, +Jennifer Mentz, Rebecca Mentz, Jennifer Mercer, Bryan Moody, Stacy Nolan, Mary Sachtleben, Charles Sampson, Kevin Siatkowsky, "Karen Sims, Carrie Solomon, Melissa Toon.
- Master of Arts** — Amy Johnston, Elizabeth Woodman.
- Master of Business Administration** — +Kimberly Collins.
- Master of Science** — Sheron Anderson, Sherri Blaha, Amie Depaue.
- Master of Science in Education** — Ryan Tosh.
- Master of Education** — Kristi Kish.
- Bachelor of Science** — John Burkhardt, Maria Becker, Michelle Kelemet, Keith Sackman.
- Master of Science** — Janice Stark.
- Master of Science in Education** — Karen Burd.
- Bachelor of Liberal Studies** — Jacqueline Durbin.
- East Carondelet** — East St. Louis.
- Bachelor of Liberal Studies** — Lana Montgomery-Lewis.
- Bachelor of Science** — Cheryl Beal, Jeanette Boyd-Thompson, Cletis Brooks, Michael King, Danyale Owens, Jericca Phillips, Tywana Witche.
- Master of Arts** — Maribelle

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Born Oct. 8, 1910, in Yugoslavia, she was a resident of Granite City for 60 years. She was a member of Sacred Heart Catholic Church, the Moose Lodge and was Past President of the Eagles.

Survivors include two daughters, Helen Ann Salter of Prospect Heights and Margie Louise Huff of Buffalo Grove; five grandchildren and eight great-grandchildren. She was preceded in death by her parents, Anthony and Anna (Hreis) Merz; her first husband, Kenneth Ogle, in 1958; her second husband, Dick Parker, in 1982; and her brothers, Phillip Merz.

Visitation was Tuesday from 4 to 9 p.m. at Werner Chapel. Services are at 10:30 a.m. today, Feb. 4, at Holy Family Catholic Church followed by interment at Sunset Hills Memorial Estates in Edwardsville. Memorials may be made to the Make a Wish Foundation or to Masses.

Rita Marie Jett

RTA MARIE FLEMING JETT, 54, of Collinsville died at 4:30 a.m. Jan. 31, 1998, at Anderson Hospital in Greenville, S.C.

Mrs. Fleming was born on Sept. 10, 1943, in East St. Louis. Survivors include two daughters, Lisa Marie Jett of Highland and Jody Sue Jett of Collinsville; one son, Timothy Scott Jett of Granite City; and Robert Francis Jett of Collinsville.

She was preceded in death by her parents, Robert Merz (Fleming) and Jody Sue Jett of Collinsville; Robert Fleming of Collinsville; Thomas Fleming of South Roxana and Rich and Fleming; and two sisters, Sue Buffo of Collinsville and Joann Fleming of Tucson, Arizona.

Services were Thursday, Jan. 29, at Irwin Chapel in Granite City with the Rev. Allen Reiter officiating. Burial followed at St. John Cemetery in Collinsville. Memorials may be made to the family.

Daisy Pick

DAISY O. PICK, 103, of Maryville died at 12:10 p.m. Jan. 31, 1998, at Maryville Manor Nursing Home. Ms. Pick was born on Jan. 23, 1895, in New Zealand. She had been a teacher at Emerson McKinley and Granite City High schools. She was also a volunteer for Christ Catholic Church.

Survivors include a niece, Caroline Weichlin of Ann Arbor, Mich.; two great-nephews, Frank Weichlin and Paul Weichlin, both of Michigan; and one great-grandniece, Ashley Weichlin of Michigan. She was preceded in death by her parents, Michael Ratto and Bony Ernest; and two sisters, Lily Weichlin and Hetty Pick.

There will be no service. The body was donated to Washington University School of Medicine for medical study. Laughlin Funeral Home handled arrangements.

Flossie Bono

FLOSSIE EMMA CLARK BONO, 90, of Granite City died Wednesday, Jan. 28, 1998, at Colonial Care Center in Granite City. She was born Jan. 16, 1908, in Monticello, Conn.

Mrs. Bono was a general inspector for the United States Postal Service until her retirement in 1970. She was of the Methodist faith. Survivors include two sons, Donald Bono and Robert Bono, both of Granite City; and one sister, Olga Blavin of Florida.

She was preceded in death by her husband, Willard Bono; her parents, Charles and Annie (Morley) Clark; one son, Raymond Bono; and eight sisters.

Services were Thursday, Jan. 29, at Irwin Chapel in Granite City with the Rev. Allen Reiter officiating. Burial followed at St. John Cemetery in Collinsville. Memorials can be made to St. John United Church of Christ.

Walter Stewart

WALTER STEWART of Pontoon Beach died Saturday, Jan. 31, 1998, at Christian Northeast Hospital in St. Louis.

Mr. Stewart served on the USS Hancock and the USS Lexington during World War II. He also fought in the Battle of the Coral Sea and re-enlisted during the Korean War. He was a member of the Pentecost Baptist Church and the USS Hancock Association CV-19.

Survivors include his wife, Rose Young-Stewart; four daughters, Suzanne Zambelli of Bergamo, Italy, and Sharon Guthrie, all of Boston; and four sons, Walter Stewart Jr., John Stewart, James Stewart and Joseph Stewart, all of Boston.

He was preceded in death by his parents, Benjamin and Maude (Jones) Stewart; three sisters, Alice Stewart, Helen Stewart and Nancy Stewart; and five brothers, George, James, Benjamin, Clarence and Joseph Henry Stewart.

Services will be at 9:30 a.m. today, Feb. 4 at Warner Chapel with the Rev. Carl Watkins and the Rev. Ron Redem officiating. Burial will be in National Cemetery at the Jefferson Barracks in St. Louis.

Thomas Smith Sr.

THOMAS D. SMITH SR., 66, of Granite City died Saturday, Feb. 1, 1998, at Christian Northeast Hospital in St. Louis. He was born Aug. 4, 1931, in St. Louis.

Mr. Smith owned and operated GC 10th Cleaners from 1958-1993. In 1993, he was a sales representative for Laidlaw Corp. in Metropolis. He was a former member of Masonic Lodge 835 and the Almed Shrine Legion of Honor. He was a U.S. Air Force veteran, serving in the Korean War.

Survivors include his wife, Elsie (Baldwin) Smith; his sons, Tom Smith Jr. of Mount Pleasant, Iowa, and Brett M. Smith of Granite City; his daughter, Anna L. Smith of London, Ky.; and one

brother, William Malcolm Smith of Somerset, Ky.

He was preceded in death by his father, John Smith. Burial services are pending at Bowling Funeral Home in London, Ky.

Bonnie Guerdon

BONNIE MARIE (FOOLEY) GUERDON, 74, of Columbus, Ohio, formerly of Madison, died Wednesday, Jan. 28, 1998, at Mount Carmel Hospital East in Columbus.

Survivors include her husband, Joseph Guerdon of Columbus; a sister, Delorous Hudson; and a niece, Judy Jones of Cahokia. She was cremated.

Arrangements were handled by Shoedegans Funeral Home in Columbus.

Annie Elizabeth

ANNIE ELIZABETH HAYS, 61, of Highland, formerly of Granite City, died Sunday, Feb. 1, 1998, at St. Joseph Hospital in Maryville. She was born Jan. 4, 1937, in Madison.

Mrs. Hays was a data entry specialist with Trans State Airlines. She was a member of St. Paul Catholic Church in Highland and a benefactor for the Boys Town of Missouri, Marine Corps Toys for Tots and St. Jude's Catholic Charities.

Survivors include one son, Jimmy of Highland; three sisters, Wilma Tindall, Anita Dean and Gerry Peeper-Ogle, all of Granite City; three brothers, Roy Jr. of Columbus, Ohio, David of Madison and Harold of Granite City.

She was preceded in death by her parents, Roy E. and Wilma (Fay) Hays.

Services will be at 11 a.m. today, Wednesday, at Irwin Chapel in Granite City with the Rev. David Paters officiating. Burial is in Calvary Cemetery in Glen Carbon.

Edward Lenzi

EDWARD C. LENZI, 83, of Granite City died Sunday, Feb. 1, 1998, at Granite City Medical Center. He was born Aug. 14, 1914, in Superior, Wis.

Mr. Lenzi worked at M.A. Bell Co. in St. Louis as an accountant for 38 years. He retired in 1982. He also was a member of the Holy Family Catholic Church in Granite City and the Knights of Columbus.

Survivors include his wife, Natalie (Bybee) Lenzi; two sons, Edward and Alan, both of Granite City; two daughters, Annette L. Lamb of Richmond, Va., and Barbara A. Schroeder of St. Louis; one brother, Gusto; and one sister, Ida Cassari of Rock Springs, Wyo.

He is preceded in death by his parents, Charles and Viola (Rigo) Lenzi; one daughter, Patricia Lee Lenzi; and three brothers, Albert, Seratino and Henry.

Services will be at 9 a.m. today, Wednesday, at Holy Family Catholic Church in Granite City with the Rev. Bill Fisher, pastor officiating. Burial will be in Calvary Cemetery in Glen Carbon.

Opal Wallace

OPAL J. (CESSNA) WALLACE, 70, of Granite City died Saturday, Jan. 31, 1998, at St. Elizabeth Medical Center in Granite City. She was born Dec. 12, 1927, in Granite City.

Mrs. Wallace was a teller at Central Bank in Granite City for 14 years. She also was a cashier at the Tri City Grocery.

Survivors include her daughter, Sharon Lenzi of Granite City; and one brother, Charles Cessna of St. Louis.

She was preceded in death by her husband, William Wallace; and her parents, Clyde and Marie (Lancaster) Cessna.

Services were Tuesday, Feb. 3, at Irwin Chapel in Granite City with the Rev. Archie Strong officiating. Burial was in St. John Cemetery in Granite City.

Keith Nussbaum, Sheila Reiter, Kevin Tiernan, Jessica Vowels, Terry Zarling

Bachelor of Science — Doreen Holt.

Bachelor of Arts — Gregory Larter.

Bachelor of Science — Sharon Buettow, Stephanie Freeman, Robert Mitchell, John Spotsnki.

Bachelor of Science/Accountancy — Stephanie Freeman.

Bachelor of Arts — "Kristen Dallavis, Shikaro Sampson.

Bachelor of Science — Doreen Holt, Betty Burgmann, Michele Bussen, Stephani Coleman, Brian Dolphy, John Hart, Christine Heald, "Jane Hice-Johnson, Marc Hundley, Timothy O'Connor, Heather Koller.

Master of Science in Education — Karen Kocmarik.

Bachelor of Arts — Heather Dothage, "Elizabeth Grant, Jason Sharp, Jason Stroud.

Bachelor of Liberal Studies — Philip Christopher.

Bachelor of Science — Emilee Bailey, Jacquelyn Bukovace, Eric Hill, Kimberly Holloway, Dana Jewell, Stephanie Kull, Michael Lipchik, "Patricia Mance, "Gabriel Mitchell.

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Proceedings on hold in sex offender case

By Becky Vollmer
Telegraph staff writer

The future of a repeat sex offender, Roy Blackburn, who authorities want to keep locked up after his prison term expires next week, has been put on hold. The Illinois Supreme Court froze proceedings in the case until it determines who will represent him.

Lawyers and judges struggled for two hours last week in Madison County Circuit Court to interpret a new law that could keep convicted sex offenders such as Blackburn, a former Edwardsville resident, in a state institution. A few hours later, however, the high court ordered a stay.

The issue at the heart of the ruling is who should be the attorney for Blackburn, who says he cannot afford private counsel, in the civil proceeding that could classify him as a "sexually violent" person.

If that determination is made, Blackburn would be placed under the supervision of the Illinois Department of Human Services and would continue to be incarcerated after his prison term expires.

Blackburn, 47, was convicted in 1993 of

molesting a 5-year-old boy and pleaded guilty in 1996 to abusing a 4-year-old boy. He also was convicted in 1987 of sexual abuse in Missouri.

The law under which Blackburn could be determined to be sexually violent is so new that lawyers on both sides of the case, as well as the judge hearing the case, are unsure how to deal with it. The law took effect Jan. 1 and has yet to be tested.

Blackburn is scheduled to be released Feb. 2 from the Menard Correctional Center, although pending sex charges in Johnson County could delay that. He was shackled in the courtroom and said after his appearance that he should be freed.

Before the Supreme Court stayed the proceedings, Circuit Judge David R. Herndon appointed Madison County Public Defender John Rekowski as Blackburn's counsel. Anticipating the appointment, Rekowski filed two objections almost simultaneously, one with Herndon and one with Supreme Court Justice Moses Harrison II.

Although his office represented Blackburn in the Madison County sex cases, Rekowski said he did not want to be

involved in the civil proceedings because of the cost to the county.

"These cases take anywhere from three to six weeks to try. It is a reasonable estimate that I could spend between \$30,000 and \$40,000 on this case," said Rekowski, adding that could eat up nearly 10 percent of his budget.

"To devote that much of my resources on this particular case poses a great deal of burden. We believe this to be a correct ruling."

The public defender is an outspoken critic of the new law, calling it a classic case of double jeopardy that violates constitutional rights.

Herndon also postponed a hearing to determine whether Blackburn's fate will be settled by a jury trial, and he sealed the case so that no more of the court record will be made public.

Rekowski argued that the Illinois Attorney General's Office, which is working with the Madison County State's Attorney's Office in the attempt to keep Blackburn locked up, violated state statute by filing mental health records as part of its petition in open court, and the judge agreed.

Deadline nears for letters on deer in national cemetery

By Jim Merkel
Staff writer

The deadline is fast approaching for public comment on a federal proposal to use lethal methods to thin the deer herd at Jefferson Barracks National Cemetery.

Those wanting to offer an opinion have until Feb. 11 to send a letter to Jefferson Barracks Environmental Assessment, USDA-APHIS-WIS, 2407 Industrial Drive, Columbia, MO 65202-1862.

About 250 people attended a meeting at the Powder Valley Nature Center Jan. 12 to discuss the serious deer overpopulation problem at the cemetery.

Almost everyone at the meeting opposed the favored option for bringing down the deer population: a deer kill. The hunt likely would be carried out by trained marksmen from a local law enforcement agency, combined with trapping and euthanizing the animals.

Cemetery administrator Ralph Church said a decision probably will not be

made until a month after the Feb. 11 deadline for comments.

"Once a decision's made, most likely nothing's going to be done — maybe until the following fall," Church said.

Church said the decision will be made by the Veterans Administration. The U.S. Department of Agriculture included the recommendation for a deer kill, among other population control methods. The Missouri Department of Conservation also has had a consulting role.

Since people are being asked to send responses to an office in Columbia, Church said he suspects many more have sent letters to that Columbia address than to his office.

Those who have sent in letters have had a variety of suggestions, Church said. "There's quite a few, things like relocating the deer," he said.

Church has said it may be difficult to move the deer because the very act of relocating them might kill them.

Dollar

(Continued from Page 2A)
said the Rev. Robert L. Huston, chairman of Dollar-Help Inc.

"People without a heating

source is a community problem," Huston said.

Volunteers should be associated with a business, civic or fraternal organization. The volunteer registration deadline is 5 p.m. Friday.

Interested groups or individuals may call the Volunteer Hotline at (314) 241-7668 during regular business office hours, or leave a message and someone will return your call.

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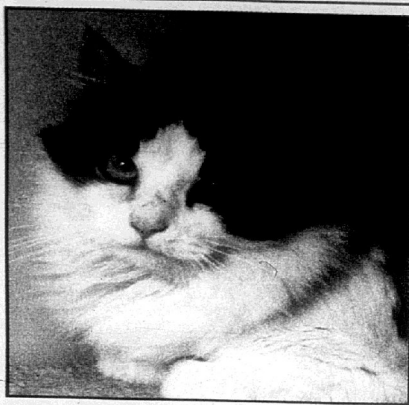
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NEWS



Pet of the week

This 10-year-old brown and white tabby, "Debbie," is a domestic medium hair. She is very affectionate, slightly cross-eyed and among many homeless animals awaiting adoption from the Madison County Humane Society, Edwardsville Shelter. For information on adopting Debbie (Card 29) or another cat or dog, apply in person at the shelter, 8495 Illinois 143, Edwardsville, or call 656-4405. Shelter hours are 11:30 a.m. to 5 p.m. Monday through Saturday, and noon to 4 p.m. Sunday.

Clinic

(Continued from Page 1A)
The clinic blends what some in the health-care professions would consider incompatible or at least widely-different ways of curing people — traditional medicine and chiropractic.

However, the professionals involved would see that as a strength.

"Sometimes, medicine isn't enough, sometimes therapy isn't enough, but together, they can usually take care of most problems," Eavenson said. "The insurance companies are happy because (patients) get the opinion of three doctors at one time. You won't be charged extra for these opinions."

"I think for patients who have been involved in accidents or have sustained injuries, this represents a novel concept for treatment, mainly because they've always been patients who have never had a real venue to be treated in," Petrovich said.

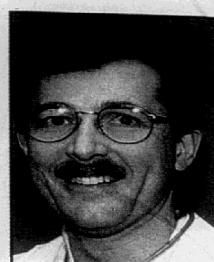
The professionals will utilize Eavenson's clinic during the evening hours until the addi-



Eavenson



Petrovich



Kopjas

tion is complete, possibly around May 1. Once the addition is complete, a full-time physician's assistant or a nurse practitioner will help care for the

patients. Emergency service will also be available round the clock seven days a week, he said.

"To have those guys sit down and say, 'How can we make this the best thing possible for patients, the most convenient atmosphere, and be evaluated by the best doctors in the field,' that's a big deal to me," Eavenson said.

Hoffman appointed to panel

By Becky Vollmer

Telegraph staff writer

State Rep. Jay Hoffman, D-Collinsville, was appointed Tuesday to head up the newly formed Education Safety Task Force, a panel that will study school violence.

"I'm excited because I think it's something that needs to be addressed," Hoffman said.

A shooting spree at a Kentucky high school last year that left three students dead and five others wounded was the "wake-up call" that prompted state leaders to form the task force, Hoffman said.

"We cannot afford to wait for another tragedy to occur before we start this study," Hoffman said.

tion," he said. "We need to ensure that our students and teachers have a safe environment in which to learn."

Hoffman said his work with juvenile issues during his stint as director of court services in St. Clair County gave him insight into some problems affecting today's young people.

"I've seen firsthand the juvenile justice system, and unfortunately, many times the delinquent actions occur inside a school building," he said.

The appointment was made by Illinois House Speaker James Thompson.

Hoffman said he will meet with members of the task force before he starts his new job.

Lutheran singles retreat scheduled for March

Concordia Seminary in St. Louis will be the location for the next Southern Illinois Lutheran Singles three-day retreat March 26-28.

The retreat will feature Bruce E. Wurdeman, assistant director, Volunteer Opportunities Department, Lutheran Hour Ministries. Also included is Bible Study, a DJ and line dancing Saturday evening, Saturday morning services, mixers and an opportunity for singles of any age to meet other singles.

Hoffman said his work with juvenile issues during his stint as director of court services in St. Clair County gave him insight into some problems affecting today's young people.

"I've seen firsthand the juvenile justice system, and unfortunately, many times the delinquent actions occur inside a school building," he said.

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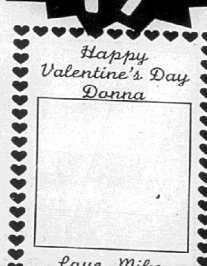
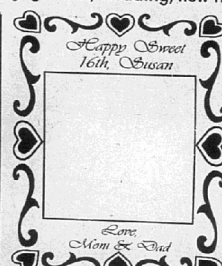
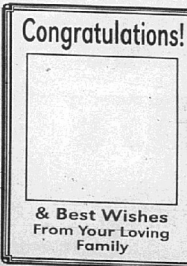
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Madison wins at Pinckneyville

Page 3B

Updated standings for prep sports

Page 2B

Granite City Journal

Section B

Wednesday, February 4, 1998



Art Voellinger

Basketball coaches score points with wardrobes

Several years ago I learned of a conversation between a boys high school basketball coach and his superintendent regarding pay.

If that does not sound too unusual, please understand that the coach wanted more money because in his words, "If you want me to dress the part, then pay the part."

In other words, the coach was referring to the financial need brought about by basketball coaches having to dress properly for games. An improved wardrobe, no doubt, was not related to improved records, but the coach was strong with his point.

While watching the recent Belleville East Invitational, I thought about coaches and their clothing, and must admit the gentleman on the sidelines at East were attired in a fashion most representative of what might be worn by professionals.

If ranked on a 1 to 10 scale, they all would have been in the 8 to 10 range, although DeWayne Kelly, the head coach at Carbondale, would get my No. 1. Not only was Kelly neatly dressed, he had three games at East, the Invitational program included a photo of the Carbondale team in which Kelly and his three assistant coaches all were posed in suit and tie.

My question is: Would it make any difference to the players or spectators or administrators or school board members if a varsity coach were not dressed in a particular way?

"I've often wondered where that (dressing properly) got started," admitted East Coach Doug McCrarry. "There's no written rule here for it."

Noted here previously for the tie he donned during the Collinsville/Schnucks Holiday Classic, McCrarry talked with me on a non-game date when he wore a blue Lancers shirt and warmup pants.

"Would you feel comfortable wearing that at a game?" I asked.

"I don't think I'd do it," was his response before I took the question to East athletic director Dennis Sney, who was seated nearby.

"I don't see anything wrong with it," said Sney. "After all, this is the '90s."

Considering that and realizing McCrarry often has taken his coat off and gotten down to a white shirt while getting down to, in his words, "sweating a lot" when he coaches, who would object?

According to West coach Bill Schmidt, who opposed McCrarry in the East finale, "It all may have started with the idea that a coach should display some professionalism."

"Playing our games indoors without weather as a factor is another reason," said Schmidt, who has worn a Maroon sweater for some West games.

Meanwhile, when I consider turtleneck freaks like Saint Louis University's Charlie Spounhour on the collegiate level, I wonder if players might not be more at ease having their in a more leisurely outfit than a coat and tie on game night.

And, if I were a basketball coach, I do not think I'd enjoy strutting my sartorial splendor if limited to that five-foot coaching box matching in front of the bench area.

Net note

Chicago Whitney Young not only put a stamp on its No. 1 ranking in Class AA boys basketball but hinted to the end of a dynasty with a 72-59 win against defending champ Peoria Manual.

Alton returns a favor

Redbirds hope win vs. GCHS sets them on the right path

By Patrick C. Heston
Staff writer

Turnabout is fair play. One year ago, Granite City caught Alton one night after the Redbirds suffered a by-the-whisker loss to state-ranked Belleville East. The 62-59 Warriors' victory marked Alton's last loss until the Redbirds fell to Mount Vernon in the Class AA Carbondale Super-Sectional.

On Saturday night, Alton turned the tables. Granite City was coming off a heart-breaking 44-42 loss to state-ranked Edwardsville 1 1/2 hours earlier. Alton took advantage of the Warriors' emotional fatigue, defeating GCHS 63-46 at Memorial Gymnasium.

The Warriors (11-11, 2-6 in the Southwestern Conference) stayed close until late in the game despite the fact that the Redbirds (12-3, 4-4) started hot, hitting 6 of 7 3-point shots in the first half.

Still, the Warriors were within 20-13 after one quarter, trailed 27-24 at the half, and were still within striking distance (37-32) with a quarter to play.

But where the Redbirds won the game was at the free-throw line, where they outscored the Warriors 20-4. Alton was 20 of 26 (77 percent) from the line for the game, including 16 of 18 (89 percent) over the final 2 1/2 minutes. Sophomore DeMarko Snipes did most of the damage from the line, drilling all 12 free throw attempts for his only points of the game.

It was another frustrating loss for the Warriors, who dropped their fourth straight decision and fifth in their last six outings.

as the Warriors stayed close to Alton for three periods Saturday night.

BOYS BASKETBALL SOUTHWESTERN CONFERENCE ALTON 63, GRANITE CITY 46

"It's frustrating for the kids because they've got a lot of heart," said Granite City coach John Van Buskirk, who, like his team, is struggling to find a solution to the problem. "I don't have the answer. I don't know what to say to them. They came back and played their hearts out after a really tough loss to Edwardsville."

Inside strongmen Dustin Brewer (10 points) and Chris Tindall (six points) shouldered the load in the second quarter, chipping away at the Alton lead, while guards Tim Wallace (13 points) and Zack May (13 points) kept things close in the third quarter.

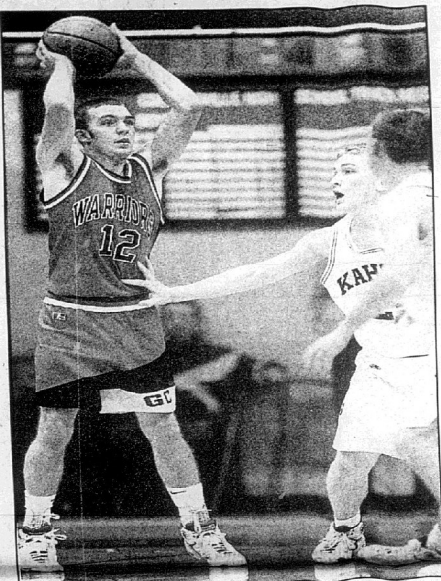
But the Warriors self-destructed late in the third, and when the Redbirds romped to a 9-3 start to open the fourth quarter, the Warriors were finished.

"It seemed like we played pretty well in the second and third quarters, but (the game) got away from us at the end of the third quarter," said Van Buskirk. "We were fighting to stay in it, but we could just never overcome that."

Alton coach Ron Smith, who last year took the Redbirds to their first state tournament trip in 42 years, felt the win against Granite City may have marked a crucial turning point for his squad.

"This type of game can catapult you to bigger and better things," Smith said. "It was really a big, big win. It was a win we can build on heading into the postseason."

Granite City will travel to Belleville East to face the 18-2 Lancers. After that, there are only two weekends left to the regular season.



(Staff photo by JOHN SWISTAK JR.)

Warriors run record to 21-0

By Patrick C. Heston
Staff writer

Minus four starting grapplers down the season's stretch run, the Granite City Warriors wrestled their way to a trio of impressive wins, running their dual meet record to 21-0.

On Thursday, GCHS traveled to Cahokia and captured an easy 69-9 decision.

Richie Carney staked the Warriors to a quick 6-0 lead with a pin of opponent Al Perry at 1:13 of the first period. The Warriors never looked back.

In addition to Carney, six other Warriors won by fall. Ben Lofink (125 pounds) pinned Ryan Shelton in 2:56. John Kelly (130) pinned Gary Moore in 3:50. Matt Werner (135) pinned Joe Dickerson in 2:09. Matt Levart (160) pinned Robert Kent in 2:15. Kevin Vene pinned Eric Ortin in 1:00 flat and Justin York pinned Stephen Perkins in 1:44.

Three other Warriors won by forfeit. Ryan Worthen (140), Brooks Narvaez (145) and Jonas Janek (152) all advanced when Cahokia could not fill

PREP WRESTLING

the respective weight classes. Paul Johnson won an overwhelming 25-8 decision over Jeremiah Crumble at 119 pounds, while George Kirgan crushed Mark Venable 14-2 in the 171-pound division.

Two Warriors suffered defeats on the evening. Chad Wilson battled Latvian Jones to a 2-2 standstill after three periods before bowing in overtime in a superb 112-pound clash, and Ivan Taylor pinned Craig Mooshegian in 4:29 of the heavyweight division.

lor pinned Craig Mooshegian in 4:29 on Friday, Granite City hosted East Side and Lincoln in a triangular meet at GCHS.

The Warriors flattened the Flyers 75-6 and followed with a convincing 74-3 triumph against the Tigers.

Against East Side, Richie Carney (160) won by fall against Lagrant Dunn in 3:23. John Kelly (130) won by fall versus Don Joyce in 2:18. Brooks Narvaez (145) won by fall against Anthony Maggitt in 1:38. Gallegrain (171)

won by fall versus Adam Taylor in 1:44 and Kevin Vene (189) pinned his foe in 1:06.

Justin York (215) built an early lead against Robert Phillips and held it for a 12-7 win.

Chad Wilson (112), Paul Johnson (119), Ben Lofink (125), Matt Werner (135), Ryan Worthen (140), Jonas Janek (152) and Matt Levart (160) won by forfeit as Granite City rolled to a 75-0 lead before Craig Mooshegian (275) was pinned in 34 seconds by Eldrick Woodard to end the match.

Against Lincoln, Granite City led 71-0 before Justin York lost a narrow 7-3 decision to Darius Wair at 215 pounds.

Seven Warriors won by fall: Paul Johnson (119) against Malik Perkins in 3:13, Matt Werner (135) versus Mike Hargrove in 5:03, Ryan Worthen (140) against Damian Cotton in 26 seconds, Brooks Narvaez (145) versus Peter Mathews in 1:56, Jonas Janek (152) against Joel King in 1:33, Matt Levart (160) versus Ed Washington in 44 seconds, and Craig Mooshegian (275)

against Bill Coleman in 3:10. Two GCHS wrestler picked up technical falls. Ben Lofink scored a 17-0 win against Corey Robinson at 125 pounds and John Kelly claimed a 15-0 win versus Kenyatta Curry at 130 pounds after holding a 13-0 edge after one period.

The three match victories lifted Granite City's regular season dual all-time dual meet victory mark to 997. If the Warriors can survive the loss of four starters, win No. 1,000 could come either Feb. 10th or 11th.

IHSAA regionals (team and individual) are Saturday at Cahokia. The seven participating schools include Granite City, Cahokia, Bethalto Civic Memorial, Alton, East St. Louis Senior, East St. Louis Lincoln and Jerseyville. Competition begins at 10 a.m., with third place and championship bouts set for 1 p.m.

The first- and second-place individual winners advance to the Springfield Southeastern Sectional on Friday, Feb. 13 and Saturday, Feb. 14.

Huneke receives coaching honor

By Bill Hester
Correspondent

Time heals all wounds. The Southern Illinois University-Edwardsville men's soccer team had a memorable 1997 season but it ended in abrupt and disappointing fashion as the Cougars were upset 2-1 by Truman State University in the first round of the NCAA Division II Tournament.

"It's tough when your season ends just like that when you're looking for the grand prize," SIUE-Edwardsville coach Ed Huneke said. "But in hindsight, it was a great season."

It was the best season for the Cougars in Huneke's 11 seasons. They were 16-0-1 one point in the campaign and were ranked third in the final regular season NCAA Division II poll. SIUE-Edwardsville also captured the Great Lakes Valley Conference championship. Huneke was recently honored

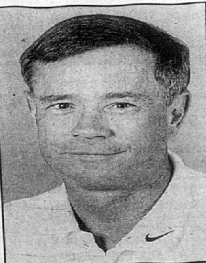
COLLEGE SOCCER

by his fellow coaches by being named the National Soccer Coaches Association of America (NSCAA)/Umbro Midwest Coach of the Year. He received a plaque last month at a convention in Cincinnati, Ohio.

"It's definitely an honor," said Huneke. "But I don't think that I was a much different coach this season than I was two or three years ago when our record wasn't this good."

This year's record certainly impressed Huneke's coaching peers, especially when it's combined with the tough schedule that the Cougars' play.

"Nobody could have projected the record we finished with (18-2-1) especially since it came against the toughest schedule in our region," Huneke said. "Records aren't



SIUE coach Ed Huneke was named NSCAA/Umbro Midwest Coach of the Year.

There were three other NSCAA/Umbro coaches of the year who were honored in Cincinnati.

The 18 wins and the appearance in the national tournament were the first for the Cougars in the Huneke regime. There were three other NSCAA/Umbro coaches of the year who were honored in Cincinnati.

Cougars ranked 7th nationally in preseason

By Bill Hester
Correspondent

Southern Illinois University-Edwardsville baseball coach Bo Collins took the news that his team was ranked seventh in the NCAA Division II pre-season poll with a grain of salt.

"It's not a surprise since we finished fifth in the country last season," Collins said. "I told the guys that it is nice to be ranked where we are but it's still seven spots below where I want to be."

The Cougars come off a memorable 1997 season in which they won the Great Lakes Valley Conference championship and the regional title en route to an overall record of 37-19. They went to the NCAA Division II championships in Montgomery, Ala., where they won one of three games and finished fifth in the country.

Collins returns a solid nucleus of players from that

team. The team is in their third week of practices in preparation for their season opener Feb. 28 at Missouri Southern.

"So far everybody is well and everybody is eligible," Collins said of the early practices.

There is reason for optimism for the 1998 season, especially when it comes to the Cougar pitching staff. "We have all of our wins coming back in the staff," Collins said. "We have a solid and experienced staff and I think that is going to be our strength this season."

Junior right-hander Ryan Cox (Stewardson, Ill.) was a third-team NCAA Division II All-American last season after recording a 7-4 record.

He is joined by experienced southpaws Rob LaMarsh (Brussels, Ill.), a senior who

(See COUGARS, Page 3B)

SPORTS

PREP/COLLEGE STANDINGS

METRO EAST HOCKEY									
Southern Division					Northern Division				
Team	W-L	GF	GA	PTS	Team	W-L	GF	GA	PTS
Granite City	7-1-1	9-1	50	11	Edwardsville	8-0	8-1	37	20
Bellville West	5-2-0	8-1	41	19	Roxana	5-3-0	6-5	47	42
O'Fallon	4-4-1	6-4	33	20	Marquette	5-3-1	6-3	49	24
Alton	4-4-0	6-4	48	20	Civil Memorial	5-3-0	6-7	35	54
Cahokia	3-5-1	5-4	42	36	Wood River	1-5-0	1-11	14	70
Collinsville	3-6-0	4-7	34	34	Plaza SW	0-6-0	0-11	0	3
Bellville East	1-6-1	4-6	40	31					
South Seven					Mississippi Valley				
Team	W-L	GF	GA	PTS	Team	W-L	GF	GA	PTS
O'Fallon	5-1	10-4			Breese C.	5-1	20-4		
Carbondale	2-3	8-8			Lebanon	3-1	13-6		
Centralia	1-2	0-5			Carlyle	3-2	11-11		
Cahokia	0-3	0-9			Waterloo	3-3	13-11		
South Central					Cahokia				
Team	W-L	GF	GA	PTS	Team	W-L	GF	GA	PTS
Illinois	5-1	17-4			Breese C.	5-1	20-4		
Marquette	5-3	10-9			Lebanon	3-1	13-6		
Wood River	4-3	14-6			Carlyle	3-2	11-11		
Great Overland Trails					Men's College				
Team	W-L	GF	GA	PTS	Team	W-L	GF	GA	PTS
Orchard Farm	2-0	7-3			Illinois	1-4			
Lutheran S.C.	1-0	8-1			McKendree	1-4			
Westminster	1-0	8-3			St. Louis U.	1-4			
Metrol East	2-3	10-7			SIUC	1-4			
Siles	0-4	3-4			BAC	1-4			
Independents					Women's College				
Team	W-L	GF	GA	PTS	Team	W-L	GF	GA	PTS
Lincoln	19-1				Fontbonne	1-1			
Okaville	19-3				BAC	1-1			
Mt. Vernon	16-8				St. Louis U.	1-1			
Centralia	13-7				Illinois	1-1			
O'Fallon	13-6				SIUC	1-1			
Cahokia	12-10				BAC	1-1			
Carbondale	1-3								

GIRLS HOOPS STANDINGS

Southwestern Conference					Mississippi Valley				
Team	W-L	GF	GA	PTS	Team	W-L	GF	GA	PTS
Edwardsville	8-0	16-4			Jerseyville	5-1	13-10		
Bellville East	7-2	11-8			Highland	3-3	13-10		
Collinsville	4-4	12-11			Civil Memorial	3-3	13-10		
Bellville West	4-4	9-14			Marquette	3-3	13-10		
Alton	2-4	8-9			Waterloo	2-4	2-15		
Granite City	1-6	1-7			Cahokia	2-4	2-15		
E. St. Louis	0-9	1-15							
South Central					Boys Hoops Standings				
Team	W-L	GF	GA	PTS	Team	W-L	GF	GA	PTS
Edwardsville	8-0	22-2			Southwestern Conference				
Breese C.	5-1	17-4			Edwardsville	7-0			
Freeburg	4-2	7-12			Bellville East	6-1			
Columbia	3-4	8-13							

Cardinals Team of the Week



Tourney champs — The St. Teresa Tigers eighth-grade volleyball team won the 1997 large school Diocesan Volleyball Tournament on Dec. 14. The team, which had also won the Diocesan title as sixth-graders, beat ICS of Columbia, St. Augustine from Belleville and Cathedral of Belleville. The Tigers also won the Holy Childhood Tournament on Nov. 15. Members of the team (from left): In front — Sarah Vernier, Jana Dusek, Lauren Scannell, Michelle Heinen, Gwen Mueller, Janelle DeCoursey, Katy Warnecke, Sarah Pikul; In back — Danielle Flesher, Stephanie Sandman, Katie Fahrner, coach Melvin Hayden, Jaime Tschudin and Mandy Gallagher.

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P265/75R15	WW	69
P275/75R15	WW	69
P285/75R15	WW	69
P295/75R15	WW	69
P305/75R15	WW	69
P315/75R15	WW	69
P325/75R15	WW	69
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P885/65R15	220
P895/65R15	222
P905/65R15	224
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SPORTS

Trojans victorious at Pinckneyville Shootout

By Patrick C. Heston
Staff writer

It was a big win in a place where even little wins are hard to come by. Admittedly, the Pinckneyville Panthers were coming off an emotional high, having ambushed Class A's second-ranked team, the Nashville Hornets, 59-52 on Friday night. But it was still a big win for Madison.

The Trojans upset the Panthers 57-46 at the Pinckneyville Shootout on Saturday. It was the second major upset for coach Al Collins' crew in the last two weeks. Madison surprised 14th-ranked Waterloo (Gibault 61-46 in the first round of the Nashville Invitational Tournament).

The win was especially gratifying on the heels of a win that got away against the Lebanon Greyhounds on Jan. 27. Madison led Lebanon by 11 points at the half, but fell victim to a sluggish, cold-shooting third quarter and lost by 14 points.

This time, it was the third quarter that saved the Trojans. Tied at the half, Madison outscored Pinckneyville 10-4 in the crucial third quarter and kept the Panthers at bay the rest of the way.

"It's this simple: If we play defense, we win; if we don't, we lose," said Collins. "It is our defense that keeps us in the games and puts us in a position where we can win those games."

BOYS BASKETBALL MADISON 57 PINCKNEYVILLE 46

Of course, 39 points from sure-bet all-star Maurice Baker didn't hurt. Baker's performance against the stingy Pinckneyville defense came one night after the Panthers had limited Nashville's high-scoring tandem of Brian Piasecki and Brad Fischer to 30 combined points. But there's simply no one like Baker in all of southern Illinois. Give him an inch and he'll take a mile. He'll also take a game over.

"Reecie (as Collins calls Baker) again did everything for us. The 39 points gets noticed, but what about the assists? Plus, his clutch play at the line, his running the offense, his anchoring the defense — they enabled us to hold off a very good team on their own court for a very big win."

•Cougars

(Continued from Page 1B)

was 7-2 last season; and junior Jason Guest (Nashville, Ill.) in who led the team with a 9-2 record. Guest pitched in both a

But it wasn't just Baker. The 6-foot sensation may be a one-man show to the fans, but he is not the only man in the show. And when the other Trojans step up, both offensively and defensively, the Trojans usually win.

Such was the case Saturday. "Stanley Jones stepped up and played well," said Collins. "David Jones started and played well. Andrew Jones, the sophomore who just became eligible, stepped up big for us. And Brandon Hall picked up seven rebounds and gave us good inside scoring for the game. We couldn't have won without everyone stepping up and doing their job."

The Trojans, however, have little time to enjoy the thrill of yet another upset.

The game looms on the horizon. Venice comes calling Friday night.

The Red Devils (13-9) look better on paper than do the Trojans (9-11), but throw records out the window for this one. This is the annual bragging rights game.

starting and relief role and also was the team leader with nine saves.

The addition of junior college transfer Aaron Rakers (Trenton, Ill., Kaskaskia Junior College) should add both quality and depth to an already strong staff.

Collins feels that it will be difficult for the Cougars to repeat their offensive numbers from last year when they set a school record of a team batting average of .351.

Mike Robertson (Duchesne High School, Lewis & Clark Junior College) led the team in hitting last season with a .411 average.



Members of the Edwardsville Tigers varsity hockey team are (from left to right): In front — Nick Terry, Jerry Westmorland, assistant captain Mark Parker, and Lee Brown; In back — Eric Georgeff, Codie Aljets, Chris Andre, Jeremy Stief, Joey McCrea, assistant captain Zach Robinette, head coach Denny Gerling, Carl Coleman, Lee Frea, captain Tim Bing, D.J. Schwab, Mike Marietta, J.V. coach Todd Minichiello; Not pictured are assistant coach Rick Farrow and Cliff Holshouser.

Tigers honored in program

The Edwardsville Tigers varsity hockey team is the latest local hockey team to be recognized in the Suburban Journals partnership with the St. Louis Blues.

The program honors local youth hockey teams in each of the Journals and also recognize outstanding teams throughout the St. Louis area. Each team will have its picture printed in the Journal and will receive tickets to an upcoming Blues game.

The Edwardsville Tigers are an entry in the Mississippi Valley Club Hockey Association.

Members of the Edwardsville Tigers varsity hockey team are Nick Terry, Jerry Westmorland, Parker, Lee Brown, Eric Georgeff, Codie Aljets, Chris Andre, Jeremy Stief, Joey McCrea, Zach Robinette, Carl Coleman, Lee Frea, Tim Bing, D.J. Schwab, Mike Marietta and Cliff Holshouser.

The head coach is Denny Gerling with assistance from Rick Farrow and junior varsity coach Todd Minichiello.

Also honored this week were the Cahokia Hawks Midget team, which leads the Missouri Hockey Association travel league.

The team has a current league record of 17-11 and an overall record of 27-33. Players on the team are from Cahokia, Collinsville, Columbia, Belleville, Fairview Heights, Red Bud, St. Louis County and O'Fallon.

Members of the Cahokia Hawks are Ben Burrow, Jeff Woodrome, Ville Laakkunen, Robbie Greenhill, Mark Uhl, Brandon Murphy, Dave Rowland, Freddy Frees, Dave Shreve, Ben Ferguson, Dwayne Kenner, Jesse Hill, Mike Sharp, Brad Lobsinger, Drew McEntire, and Wes Dedmon. Charlie Shapiro is the head coach with assistance from



Jeff Woodrome and Gary Dedmon. The Journal seeks more teams to recognize in the program. Send a team picture, a brief summary of the team's accomplishments to date and identification of players in the picture to: Sports Department, Journal Newspapers of Southern Illinois, 219 N. Illinois St., Belleville, IL 62222.

Warriors top Maroons

By Patrick C. Heston
Staff writer

The Belleville West Maroons came to the Wilson Park Ice Rink last Wednesday standing second in the Southern Conference of the Mississippi Valley Club Hockey Association and holding high hopes of overtaking the league-leading Granite City Warriors.

And not without good reason. The Maroons had beaten the

CLUB ICE HOCKEY

MVCHA
GRANITE CITY 3
BELLEVILLE WEST 1

Warriors 4-2 in their previous meeting on Jan. 4, giving the Granite contingent its only loss on the year.

But the Warriors played like a team unwilling to lose again, using a staunch defense and timely scoring to beat West 3-1. Granite City scored first when Bobby Mezzeros took an on-the-money pass from Dustin Wesley and sent a back-hander past Maroons goalie Pat Hagarty. The 1-0 lead looked like it might stand up as the Warriors' defense did not allow a single shot on goal for the period's first 10 minutes.

West finally broke through with only 11 seconds left in the first period. Griff Petri passed to C.J. Smith, who found Matt Hagarty streaking on goal. Hagarty scored to knot the score at 1-1 after 15 minutes.

The second period was all Granite City. Just 37 seconds into the period, Greg Pritchard scored off bang-bang assists from Mezzeros and Vince Whittenberg to give Granite City a 2-1 lead.

At the other end of the period, with 4:55 to play, the Warriors picked up their third score on a power play when Wesley scored in the rebound of Mezzeros' hot shot. Granite City dominated play in the period as Billy Fieor, Jared Brown, John Stordahl, Robyn Slater, Matt Foley and Eric Wright completely checked the Maroons out of their offensive game. And even when West had a five-on-three edge, as they did for 1:20 of the period, the Warriors' defense would not open a hole.

The third period was all defense as Granite City eased to the two-goal win. The victory leaves the 8-1 Warriors sitting pretty with only three league games remaining. Granite City journeys to Cahokia on Saturday, Feb. 7 for a 6:30 p.m. game.

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Mail your entry to: Suburban Journals On-Line 1714 Deer Tracks Trail, St. Louis, MO 63131 Entries must be received by NOON Thursday, February 6, 1998.

NAME _____
TELEPHONE _____

- Who presented the Intercontinental Title to Owen Hart at "Bad Blood" at Kiel Center on October 5, 1997?
- Who was the winner of the Shawn Michaels vs. Undertaker Steel Cage Match at "Bad Blood"?
- Who is the Undertaker's evil brother?
- Who holds the current WWF Intercontinental Title?

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NEWS

COMMUNITY CALENDAR

Church

ST. JOHN UNITED CHURCH OF CHRIST, 9 a.m. Sunday School, 2001 N. Main St.; 10:30 a.m. Sunday worship services, 9 a.m. and 10:30 a.m. Nursery available. Everyone is welcome.

GENERATION JESUS YOUTH GROUP, led by youth minister, 6 to 8 p.m. every Sunday, 1900 Pontoon Road.

CENTRAL CHRISTIAN CHURCH, 2020 Johnson Road, holds Sunday School at 9:30 a.m. and morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

ST. PETER UNITED CHURCH OF CHRIST, 2101 Cleveland Blvd., holds Sunday School at 9 a.m. and has preschool available. Morning worship services at 10:15 a.m. Nursery available. Everyone welcome.

NIDRINGHAUS UNITED METHODIST CHURCH Sunday worship services are at 8:30 a.m. and 10:30 a.m. Sunday School at 9:30 a.m. and Prayer Meeting at 6:30 p.m. Wednesdays. Nursery Available. Everyone is welcome.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 3 to 11 years old. Meets from 7 to 8:15 p.m. Thursdays. Music, Bible study and fun at Nidringhaus United Methodist Church, 20th and Delmar. Mom's Bible study and share group meets at the same time as children. For more information, call 877-4555.

Community

MADISON COMMUNITY ACTION GROUP, meets at 7 p.m. the fifth Monday of the month. For more information call Dan at 422-2336 or Diane at 876-1360.

MITCHELL FIRE PROTECTION DISTRICT 2 monthly meetings, 7 p.m., second Tuesday of each month. Maryville and Old Alton roads.

MADISON LIBRARY BOARD OF TRUSTEES holds monthly meetings at 6 p.m. the third Thursday of every month at the Madison City Hall, 615 Madison Ave.

Dance

AMERICAN ASSOCIATION OF RETIRED PERSONS, Chapter 1340, is holding a Valentine's Dance Feb. 11. Doors open at 5 p.m., refreshments served at 6 and dancing to Jerry's Kids at 7. A \$2 donation is payable at the door. 1988 dues are payable at this time, at the meeting or at the AARP desk. There are 50 valentines. Call 877-3020 for more info.

MIDWESTERN UNITED STATES IMPERIAL DANCE CLUB holds a regular monthly meeting is held every Sunday evening at the American Legion in Collinsville. Refreshments will be served. Dance lessons from beginning to advance are given from 6 to 8 p.m. at a cost of \$4 for nonmembers and \$2 for members. For more information, call 463-2405.

BOOTS & SLIPPERS SQUARE DANCE CLUB, square dance lessons, 7 to 9 p.m., every Monday. St. Paul Lutheran Church, Fairview Heights. The cost is \$2.50 per lesson, per person. For more information, call 877-6523 or 344-4636.

Food/Nutrition

MEALS OF LOVE, sponsored by Madison County Baptist Association. Free meals to anyone in need. Every Tuesday, 4:30 to 6 p.m., at Second Baptist Church, 21st and Illinois streets, Granite City. Everyone is welcome.

POLISH PIEROGI SALE, Sacred Heart Polish National Catholic Church, 300 Reynolds, Madison, 9 a.m. to 11 a.m. Saturday of each month. Seven varieties: cabbage, cheese, kielbasa, potato, sausage and kraut, plum pudding and laco. Carry-overs only. \$6 per dozen. Cooked and ready to heat and eat. Also Crusade and rosettes. Order ahead by calling 876-5860. 876-5896, or 931-3387.

RESCUE MISSION, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman. Valinda Turner is the secretary and Alfred Turner is the pastor.

ST. JOHN LUTHERAN CHURCH MONTHLY COUNTRY BREAKFAST, to 11 a.m. the second Saturday of each month at 2001 St. Clair Ave. Eggs, sausage, pancakes, biscuits, homemade gravy, and jellies, coffee and orange juice. Meals are \$4 for adults, \$2 for children. Call 451-7788 for more information.

GRANITE CITY FOURSQUARE CHURCH, 12th and Edwardsville Road, hot meals served free of charge, the last Monday of each month, to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

Health/Exercise

Bemis Chiropractic, 3361 Fehling Road in Granite City, is offering **FREE ELECTRONIC SPINAL SCANNING** from 9 a.m. to noon every Tuesday and Thursday. Call 876-2273 for more information.

TOPS 2343, 6:30 p.m. every Thursday at Anchorage Recreation Center, 2809 Edwards St. For more information call Bobbie at 452-0273.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m., every Thursday, Anchorage Recreation Center, 2809 Edwards.

TOPS 2048 (Take Off Pounds Sensibly), 8 p.m. every Monday, Melvin

Price Support Center in Granite City. Call 876-2124.

TOPS IL 645, 7 p.m. every Monday, Anchorage Recreation Center, 2809 Edwards St., Granite City, 452-6102. Men and women welcome.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2809 Edwards St.; call 877-2724 for more information. Men and women are welcome to attend.

TOPS IL 2417, 6 p.m. every Tuesday, Calvary Lighthouse Church of God, 1205 W. Pontoon, Weigh-in at 6:30 p.m. Anyone age 7 or above with a weight problem is welcome. For more information call Lisa at 931-3602 or Linda at 632-9267.

ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM is presenting a talk entitled, "Strengthening Relationships," at 7:30 p.m. Feb. 10. The talk will be given by Edith Brayer, Ph.D. and will be held in the Wiseman Room at SEMC. The talk is free and open to the public. For more information or to register, call 798-3888.

Organizations

AMERICAN ASSOCIATION OF RETIRED PERSONS Chapter 1340 meets at Granite City Township Hall second Wednesday of each month. Doors open at 5 p.m., refreshments served at 6 p.m. All members 60 and over are welcome. For more information call 877-3020.

MEN'S FELLOWSHIP GROUP of Central Christian Church meets at 8:30 a.m. the second Wednesday of each month for breakfast and fellowship. For more information call 931-2098.

GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN, meeting at 8:30 p.m. the first Wednesday of each month, followed by a program at 7:15 p.m. to the public. For more information call 452-0391 or 451-4914.

NOON NETWORKING FOR WOMEN, third Wednesday of each month, first Tuesday of each month, 1 p.m. to 2 p.m., Ramada Inn in Fairview Heights. Cost is \$10 (no annual dues). Please feel free to bring your business cards and brochures. Bring a friend and get \$4 off your next lunch at Noon Networking.

CHRISTIAN WOMEN'S FELLOWSHIP of Central Christian Church meets at 1 p.m. the first Thursday of each month. For more information, call Helen Stumpe at 931-2098.

SONS OF CONFEDERATE VETERANS, a hereditary group for descendants of each military branch of the Civil War, meets every third Thursday at the restaurant in Granite City. Call 877-3020 for more information.

NAVY MOTHERS CLUBS OF AMERICA, meet at 7:30 p.m., second Thursday of each month, at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marine, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2293.

THE SARAH AND DORCAS CIRCLES OF CHRISTIAN WOMEN'S FELLOWSHIP, Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

THE RUTH CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP meets at 7 p.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

LYDIA CIRCLE of Nameoki United Methodist Church meets at 1 p.m. the third Thursday of each month. For more information phone, 877-1930.

CHURCH WOMEN UNITED will meet at 10 a.m. the fourth Tuesday of each month, except July, at the Holy Family Community Center.

MODERN WOMEN OF AMERICA Life Insurance Society meets the first Thursday of each month at 5 p.m. at Ravanello's Restaurant.

THE JOELI QUILTERS, 9 a.m. to 2 p.m., every Thursday at the Social Center, 608 Thorngate Drive in Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals, 7:30 to 9 p.m. every Thursday. St. John United Church of Christ, 2001 Nameoki Road, Granite City, 931-0443.

GREATER BENEFICIAL UNION OF PITTSBURGH, District 481, Granite City Council meets at 8 p.m. the first Friday of each month, at Third Baptist Church, 26th Street and Grand Avenue in Granite City. James P. Reagan, president, can be reached at 288-7396, and Mary Solomon, secretary, can be reached at 451-9201.

GRANITE CHAPTER 850 ORDER OF THE EASTERN STAR meets the second Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY, 8 p.m., second Friday of each month, Granite City, 876-7715.

GRANITE CHAPTER 850 ORDER OF THE EASTERN STAR meets the first Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

THE PONTON BEACH JAYCEES regular meeting is held at 7:30 p.m., the first and third Sunday of each month, at Ralph and Charlie's Steak House. The meetings are open and the public is invited.

METRO EAST LANDLORD'S ASSOCIATION meets the first Monday of each month at the Eagles Lodge in Collinsville.

CAMERA EXPLORERS CLUB, Hartford Public Library, 143 W. Hawthorne St., 7 p.m., first Monday of each month, call Beverly Stager, 254-9394.

ELKETTIES, Granite City Lodge 1063, Maryville Road, 931-3557, 7 p.m., the first Tuesday of each month except July and August.

MADISON COUNTY LEGAL SECRETARIES ASSOCIATION, meets the first Tuesday of each month at 6:30 p.m. Open to everyone in legal field: staff, court reporters and court personnel. For more information call 465-4400.

MADISON COUNTY HOMEMAKERS EXTENSION ASSOCIATION, Granite City unit, noon, first Tuesday of each month, Anchorage Recreation Center. For more information call 876-7026 or 931-3735.

TRIO UNIT, MADISON COUNTY HOMEMAKERS EXTENSION ASSOCIATION, 12 noon, first Tuesday of each month, Hope Lutheran Church, 3715 Wabash Ave., Granite City.

TOASTMASTERS INTERNATIONAL meets the first, third and fifth Tuesday of the month from 7 to 9 a.m. at Showe's, Hwy 157 (4th Commerce Ave), Collinsville. Come join us for better communication and leadership skills. For more information call 692-6026 or 344-2898.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE) Chapter 1067's meetings for the months of February and March have been changed. The day of the month will meet the second Thursday of each month, at 11:30 a.m., at Charlie's Restaurant in Granite City. For more information call 876-8450, or 452-3266.

BAND PARENTS ASSOCIATION OF GRANITE CITY HIGH SCHOOL, 3101 Madison Ave., 451-5805, 7 p.m., second Tuesday of each month.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1053, 1053 Main St., Granite City, 931-3557, 8 p.m., second Tuesday of each month.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., the second Tuesday of each month, 877-4250.

KNIGHTS OF COLUMBUS, 4TH DEGREE, 4225 Old Alton Road, 7:30 p.m., third Tuesday of each month, 877-4250.

(See CALENDAR, Page 5B)

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NEWS

Calendar

(Continued from Page 4B)

BENEVOLENT AND PROTECTIVE ORDER OF ELKS, Granite City Lodge 1953, Maryville Road, Granite City, 931-3557, 8 p.m., fourth Tuesday of each month.

JOB'S DAUGHTERS BETHEL #43 meets the fourth Tuesday of each month at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

KNIGHTS OF COLUMBUS, 3RD DEGREE, 4225 Old Alton Road, 7:30 p.m., fourth Tuesday of each month, 877-4250.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesday.

The Troy/Maryville/Collinsville chapter of **BUSINESS NETWORK INT'L (BNI)** meets every Tuesday at 7 a.m. at Randy's Restaurant in Troy. For more information, please call Lisa at 967-8340.

BURT - BUBBLEMASTERS UNDERWATER RESCUE TEAM meets at 7 p.m. the third Wednesday of each month

at 4964 Old Alton Road next to the Mitchell Fire Protection Department. Tours are available by appointment, 931-8317 or write to the above address.

MADISON COUNTY FAMILY ALLIANCE will meet from 9 to 10:30 a.m. at Milonski Room at St. Elizabeth Medical Center in Granite City. For information, call 452-4853, extension 104.

NEW HOPE CHAPTER 432 ORDER OF THE EASTERN STAR meets at 9 p.m. the first and third Fridays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

TRIPLE LODGE 835 A.F. and A.M. meets at 7 p.m. the first and third Wednesdays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

SCHOOL OF METAPHYSICS, 7:30 to 10:30 p.m., every Tuesday, 9459 Rostan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

PONTOON BEACH SENIOR CITIZENS BINGO, every Wednesday, 11:30 a.m., 3910 Highway 111, Pontoon Beach.

CHOUTEAU TOWNSHIP SENIOR CITIZENS meets the fourth Thursday of each month, 8 p.m., Potluck, Social Center, 906 Thorngate Drive, Mitchell.

ATTENTION MEDICARE BENEFICIARIES—Come and hear how Advantage can give you complete healthcare coverage. You are invited to hear a presentation every Tuesday and Thursday at 10 a.m. at the Pontoon Beach Senior Center, 3910 Highway 111, Pontoon Beach.

EAGLE PARK ACRE SENIORS OF MADISON meet every Thursday from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

FREE SENIOR CITIZEN EXERCISE CLASS, 9 a.m., every Thursday, Anchorage Recreation Center, 2909 Edwards.

FRIDAY AFTERNOON PINOCCHIO CLUB for seniors 55 and over meets

at 12:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0050 for more information.

PONTOON BEACH SENIOR CITIZENS pot luck dinner the last Saturday of each month, 5 p.m., 3910 Highway 111, Pontoon Beach.

SENIOR SOCIAL CLUB meets every Sunday at the Nelson Hagnauer Township Hall. Doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details.

SENIOR SOCIAL CLUB, business meeting, 8 p.m., fourth Monday of every other, Nelson Hagnauer Township Hall. Dessert is served following the meeting. Games and bingo are played at 7 p.m. Call 877-1215 for more details.

PONTOON BEACH SENIOR CITIZENS, third Tuesday or each month, 7 p.m., 3910 Highway 111, Pontoon Beach.

STROKE SUPPORT GROUP, for patients, their families and caregivers, 6:30 p.m., second Wednesday of each month, in PASCAL Hall, St. Elizabeth Medical Center. Refreshments are served. Call 798-3016 for more information.

PULMONARY SUPPORT GROUP, for persons with diagnosed lung condition, 11 a.m. to noon every Wednesday in 4 Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

AL-ANON, 9:30 a.m. every Monday, 2118 Edison (side door) in Granite City. Call 463-2429.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Wednesday, 2118 Club, 2116 Edison, Granite City, (800) 307-6600.

AL-ANON ADULT CHILDREN meets at 7 p.m. every Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m. every Wednesday, St. Elizabeth Medical Center, 2100 Madison Road, Granite City. The meetings are closed except for the last Wednesday of the month.

PARENTS ANONYMOUS GROUP meets 6:30 to 8:30 p.m., first and third Thursday of each month. For information on where meeting will be held, call Elaine Seery at 462-2714 or Lyle Cubberty at 876-2382.

MULTIPLE SCLEROSIS SELF-HELP GROUP meets from 7 to 9 p.m., second Thursday of each month, in PASCAL Hall at St. Elizabeth Medical

Center, 2100 Madison Ave. in Granite City. Call 797-2780 or 451-0728 for more information.

ALZHEIMER'S SUPPORT GROUP meets from 8:30 to 9 p.m., third Thursday of each month, in the President's Room, 17 inside Bonaventure's Cafeteria, on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave. The group focuses on addressing the questions and concerns of caregivers and family members of people with Alzheimer's. All meetings are open to community members. Call 798-3016 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m. every Thursday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Thursday, 2116 Club, 2116 Edison Ave., Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 11 a.m. every Thursday, 2116 Club, 2116 Edison Ave., Granite City, (800) 307-6600.

AL-ANON, 7 p.m. every Thursday, St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Day Care room C. Call 463-2429.

ALATEEN and PREALATEEN PROGRAM for 12 to 17 age group, and prelateen to 11 year age group, meets at 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison Ave. in the Kettler Center conference room A. Call 463-2429.

NARCOTICS ANONYMOUS, Seeking recovery, 9 p.m. every Thursday, 2216 Delmar Ave., 24-hour hotline 398-9409.

SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS will meet at 7:30 p.m. Feb. 13 at St. Boniface School, 126 N. Buchanan in Edwardsville. The guest will be Suzanne Mostafavifar, certified counselor, on the topic of "Relationships." Newcomers welcome. Call 465-1463.

HEREDITARY ATAXIA (a disorder of nerve cells in the spinal cord and cerebellum) SUPPORT GROUP meets the second and fourth Friday of each month. Call Curt Williams, 877-5172, for information.

ALCOHOLICS ANONYMOUS, noon and 8 p.m. every Friday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

STEMS (Support Together for Emotional and Mental Serenity and Sanity), A support group for people with a mental illness and an alcohol or substance abuse problem, meets every Friday from 1:30 to 2:30 p.m. at PASCAL Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY will meet from 1 to 3 p.m., every Friday, at St. Elizabeth Medical Center, Granite City, in the Milonski Room located in the basement. For more information call the MDA office at (314) 776-3969.

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP meets the first and third Saturday of each month, at 1307 Madison Avenue, Madison, 9:30 to 11 a.m., to comfort and restore. Group membership is free. Open to all who are broken; at no cost. Worship service will follow each third Saturday at 11:30 a.m. For more information, call 341-3643 or 656-7831.

OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUP, meets the third Saturday of each month, at Von Gontard Conference Center at St. John's Mercy Medical Center, 615 South New Ballas Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information call (314) 842-7228.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2016 Delmar Ave., 24-hour hotline 398-9409.

ALCOHOLICS ANONYMOUS, 1:30 p.m. and 8 p.m. every Sunday, 2116 Club, 2116 Edison, Granite City, (800) 307-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m. every Sunday, 2016 Delmar Ave., 24-hour hotline 398-9409.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, PASCAL Hall, main floor, Granite City, (800) 307-6600.

PROSTATE CANCER SUPPORT GROUP, 3 to 4:30 p.m., third Sunday of each month, at Central Christian Church, 8200 Johnson Road, Granite City. The group, men only, will meet in the church's Terrace Room, enter through the Fellowship Hall door on the east side of the building. There is no charge. For more information phone Roger Zoliers, any evening, at 656-5436.

MADISON COUNTY PARENTS WITH OUT PARTNERS meets the fourth Monday of each month in the Fellowship Hall at Namooki United Methodist Church, 1800 Pontoon Road in Granite City. For more information, call 931-0157.

ARTHRITIS SUPPORT GROUP, 7 p.m., fourth Monday of each month, Alton Memorial Hospital cafeteria, Room B.

(See CALENDAR, Page 5B)

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TAX HELP '98

Tax clinic can help low-income families

By Jason White
Staff writer

For the second year, some Metro East taxpayers can increase their take-home pay and file for thousands of dollars in tax credits through the Center for Law and Human Services' free tax clinic.

"The clinic is available to families with incomes under \$25,000 and individuals with incomes under \$20,000. The clinic helps taxpayers file for earned-income and other tax credits, prepare returns for 1997 and prior years, amend previous returns and plan for the future."

"The clinics are beneficial to working, low-income families and give them a monetary boost that can assist them with financial obligations," Illinois Department of Human Services Secretary Howard Peters III states in a news release.

"The clinics are especially important for those entering the work force, who have little or no work experience and are unfamiliar with tax filing procedures," he states.

The earned income tax credit is worth up to \$3,556, but 25 percent of eligible workers fail to claim it, the release states.

For example, take-home pay for a single parent making \$178 a week can increase to \$211 a week with the tax credit and reductions in the federal withholding. The average credit claimed is \$1,100.

"Our economy has more people working than ever before, but we also have more people in low-wage jobs than ever before," Center for Law and Human Services executive

director Michael O'Connor states in the release.

"With welfare reform, we also have a lot of workers who will be filing their first tax return in a long time. This makes it even more important to tell people about the earned income credit and the other tax benefits that make work pay," he states.

Last year, the center generated about \$3 million in refunds for families whose median annual income was less than \$8,000. The Chicago-based center expects to claim about \$6 million this year for taxpayers at 14 clinics in Chicago, East St. Louis, Peoria, Rockford and Springfield.

The clinic will be open Tuesdays from 5 to 8:30 p.m. and Saturdays from 10 a.m. to 2 p.m. at the Small Business Development Center, 650 Missouri Ave. Suite G-32 in East St. Louis.

Taxpayers should bring all W-2 and 1099 forms, Social Security numbers for all persons in the household, and last year's tax return. For information, call 482-3825.

The clinic is funded by the Illinois Department of Human Services, the Illinois Department of Children and Family Services, Fel-Pro/Mecklenburger Foundation, Polk Bros. Foundation, W. Clement Stone Foundation, Ameritech and the Richard Driehaus Foundation.

The Center for Law and Human Services is a non-profit organization founded in 1990 to improve the effectiveness of human services programs through legal research, policy analysis, technical assistance and advocacy.

Group will study property taxes

Gov. Jim Edgar has named Taxpayers' Federation President Tim Bramlet to head a new commission he will be appointing to study the property tax.

Edgar made the announcement his 1998 State of the State Address before a joint session of the Illinois General Assembly.

Edgar said that, while according to Illinois public school funding was reached in December, he still considered the state's property tax structure to be unfinished business.

"The current system remains unfair. We need to change it," Edgar said.

Edgar plans to appoint members to the commission later this month. He has established Dec. 31 as a deadline for the group's recommendations.

"I'm pleased to have the confidence of Gov. Edgar to

lead this important undertaking," Bramlet said. "The Taxpayer's Federation of Illinois has long advocated a systemic change in the tax structure of Illinois. Our property taxes are too high, and the longer we wait, the more difficult the challenge."

"Reaching consensus on recommendations that would be well received by the next governor and General Assembly won't be easy. But separating the issue from education funding — since a major school spending bill passed last month — should make the task a little less daunting."

This is the third commission appointment for Bramlet since taking over as head of the Taxpayer's Federation in 1994. Edgar first selected him to represent taxpayers on the Governor's Commission Education Funding in May 1995, a

'The Taxpayer's Federation of Illinois has long advocated a systemic change in the tax structure of Illinois. Our property taxes are too high, and the longer we wait, the more difficult the challenge.'

Tim Bramlet
taxpayers' federation president

group chaired by former University of Illinois President Stanley Ikenberry.

In November 1997, the General Assembly created the Electric Utility Property Assessment Task Force to advise its members on the valuation of real property owned by electric utility companies. The law named the president of the Taxpayer's Federation of Illinois to chair the task

force.

"The work of the Ikenberry Commission will provide a strong reference from which to start," Bramlet said. "But we will also seek to achieve improvements in those recommendations and respond to criticisms to that report that have been made by the public and members of the General Assembly."

Taxpayers' Federation to hold annual meeting in Chicago next month

The Taxpayers' Federation of Illinois will hold its 1998 annual meeting on March 6 at the Hyatt Regency Chicago, 151 E. Wacker Drive in Chicago.

A reception begins at 11:30 a.m. in the Grand Foyer of the East Tower. Lunch will be served at noon in the Grand Ball-

room. This year's luncheon program will offer insights into the upcoming primary election battles.

Panelists will include: Lynn Sweet, Washington correspondent for the Chicago Sun-Times; Rick Pearson, political reporter for the Chicago Tribune; and Paul

Green, Governors State University professor and political analyst for WGN Radio.

For reservations, see January's *Tax Facts*, or write to the Taxpayer's Federation of Illinois, 300 W. Edwards St., Suite 201, Springfield, IL 62704.

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Understanding Alzheimer's Disease and Dementia

Memorial Hospital, in cooperation with the Alzheimer's Association, will present a program to help you identify the symptoms of dementia and Alzheimer's disease in comparison to the normal aging process as well as offer important information to family caregivers. The program will include:

Overview of Dementia and Alzheimer's Disease
Stephen Burger, M.D., neurologist

Legal and Financial Considerations
Kay Welch, attorney

ALZHEIMER'S ASSOCIATION
Serving the Greater St. Louis Area

Alzheimer's Association Services
Angela Oliver, RN, resource coordinator, Alzheimer's Association

DATE, TIME, PLACE
Monday, February 16, 1998
7 to 9 p.m.

Memorial's Auditorium

TO REGISTER
The program is free, however seating is limited. Reservations can be made by calling Memorial's Community Relations Department at 257-5649 or the Alzheimer's Association at 1-800-980-9080.



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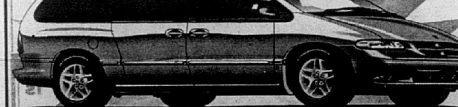
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HOROSCOPE

WEDNESDAY, FEB. 4
Jupiter, the planet of abundance, is shifting into the emotional sign of Pisces. If you feel exceptionally introspective, you need not resist. Instead, use the emotional rush as an opportunity to take a second look at a new love, job offer or living arrangement. Speculative ventures are lucky. The Gemini moon this evening will lighten your heart and increase your capacity to share.

ARIES (March 21-April 19). Parent-child activities encourage communication and new respect. Formal entertaining is memorable and productive. Participate in family outings. Friends are envious of luxury items.

TAURUS (April 20-May 20). Neighbors are noisy but well-meaning. Moonlighting could turn into a full-time career. Disagreements clear the air. A new supervisor likes you instantly. A former love is teasing you about getting back together.

GEMINI (May 21-June 21). You have alternatives not previously considered. Use organizational skills at home. Work is more productive. Newcomers need to be aggressive. Sometimes, love needs freedom—not intimacy.

CANCER (June 22-July 22). Startling contrasts in friends or relatives convince you to follow their lead. Interfering in a relative's love life could be a backfire. Accept a loan—it is not a handout. Put more effort into finding a new love.

LEO (July 23-Aug. 22). Disregard bitter neighbors. Children have unique artistic talents. In the skies are marvelously lucky planets for romantic breakthroughs. Couples find ways to overcome longtime difficulties.

VIRGO (Aug. 23-Sept. 22). People are more trusting and trustworthy. In-laws are generous with time and money. Be frank with your love, and you'll deepen a bond forever. Children irritate you with financial requests.

LIBRA (Sept. 23-Oct. 23). Simple solutions earn you respect. Romantic assumptions are incorrect. Estranged relatives could now return, but resentments remain. Discuss regrets, and you'll find they are groundless.

SCORPIO (Oct. 24-Nov. 21). Initiate business discussions in a social setting. Listen to a friend's new ideas. Follow your emotions in love. New liaisons bring long-term friendship and security. Stop procrastinating on a home-improvement project.

SAGITTARIUS (Nov. 22-Dec. 21). Relatives need to know a rumor is not true. Silence makes you irresistible to others. Your parents give in to your wishes. Give away used items. Your generosity is returned. Promote yourself.

CAPRICORN (Dec. 22-Jan. 19). Family discussions clear up misunderstandings. Compromises prolong family problems. Follow your conscience, and you'll gain new friends. Call former partners—they will return.

AQUARIUS (Jan. 20-Feb. 18). Spend money on luxury items. You feel in limbo with a current love. Allow events to run their course. Foolish notions are more creative than you give yourself credit for. Telephone calls save time and aggravation.

PISCES (Feb. 19-March 20). The marriage of a friend sets romantic interests. Be less judgmental with children. Pursuing a dream keeps you from immediate concrete success. Send out resumes. Considerate actions win you inner rewards.

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Sat/Sun Mat 2:00

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Upper Level Mall (Next to Walmart)
Edwardsville • 656-6390 ALL SEATS \$2.00

Mouse Hunt (PG)
DAILY 4:45, 6:45, 9:15 Sat/Sun Mat 1:45

Half Baked (R)
DAILY 4:15, 7:15, 9:45 Sat/Sun Mat 2:00

Hard Rain (R)
DAILY 4:00, 7:00, 9:30 Sat/Sun Mat 1:30

QUAD CINEMA 4
5700 N. Belt West, Belleville • 233-1220
\$3.50 All Shows Before 6 pm

Titanic (PG-13)
DAILY 4:15, 7:00, 9:30 Sat/Sun 1:30

Great Expectations (R)
DAILY 4:15, 7:00, 9:30 Sat/Sun 1:30

Good Will Hunting (R)
DAILY 4:30, 7:15 & 10:00

Deep Rising (R)
DAILY 4:45, 7:30 & 9:45

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SHOWTIMES START FRIDAY!

Mouse Hunt (PG)
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Matinee: Sat/Sun/Mon 2:00

Hard Rain (R)
Fri/Sat 7:15, 9:30 • Sun/Thurs 7:15
Matinee: Sat/Sun/Mon 2:15

EASTGATE 6
Eastgate Cinema • 254-5269
14, 00 All Shows Before 6 pm

Spice World (PG)
Fri/Sat 4:15, 6:45, 9:15 • Sun/Thurs 4:15, 6:45
Matinee: Sat/Sun 1:45

Half Baked (R)
Fri/Sat 4:30, 7:00, 9:30 • Sun/Thurs 4:30, 7:00
Matinee: Sat/Sun 2:00

Deep Rising (R)
Fri/Sat 4:45, 7:00, 9:30 • Sun/Thurs 4:45, 7:00
Matinee: Sat/Sun 2:15

Great Expectations (R)
Fri/Sat 5:00, 7:30, 10:00 • Sun/Thurs 5:00, 7:30
Matinee: Sat/Sun 2:30

As Good As It Gets (PG-13)
Fri/Sat 4:30, 7:15 & 10:00 • Sun/Thurs 4:30, 7:15
Matinee: Sat/Sun 1:45

Good Will Hunting (R)
Fri/Sat 4:45, 7:30 & 9:45 • Sun/Thurs 4:45, 7:30
Matinee: Sat/Sun 1:15

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fit you and bring you closer to family. This month is a key decision-making time. In March, add to your skills and apply for training. You are fantastically creative in April, attracting a Capricorn or Virgo. Your best marriage months are July and October.

VIRGO (Aug. 23-Sept. 22). People are more trusting and trustworthy. In-laws are generous with time and money. Be frank with your love, and you'll deepen a bond forever. Children irritate you with financial requests.

HALLS FERRY 14 CINE
2600 Target Drive, 622-4900
Moushant (PG) 1:50
Kiss The Girls (R) 3:35, 9:20
Phantoms (R) 1:05, 3:15, 5:25, 7:40, 9:35
Hard Rain (R) 1:10, 4:40, 7:15, 9:15
Desperate Measures (R) 1:35, 5:20, 7:45, 9:50
Great Expectations (R) 1:10, 4:10, 7:10, 9:40

LINCOLN THEATER
103 E. Main, Belleville, Ill. 233-0123
Kiss The Girls (R) 7:05, 9:25
Bean (PG-13) 7:15, 9:25
Anastasia (G) 7:00
Midnight in the Garden of Good and Evil (R) 8:55

NAMOOKI CINEMA
30 Namooki Village, 877-6630
Moushant (PG) 6:45
Hard Rain (R) 7:15

O'FALLON 15 CINE
1320 Central Park Dr., O'Fallon, Ill. 622-8900
Titanic (PG-13) 4:10, 8:15
Titanic (PG-13) 1:00, 4:55, 9:00
Titanic (PG-13) 2:50, 7:00
Star Kid (PG) 2:30, 4:45
Kundun (PG-13) 7:10, 9:40
Good Will Hunting (R) 2:40, 5:15, 8:10
Good Will Hunting (R) 1:05, 4:05, 7:15, 9:50
Home Alone 3 (PG) 2:30, 4:50
Jackie Brown (R) 7:00, 10:00
Deep Rising (R) 2:20, 4:35, 7:00, 9:25
For Richer Or Poorer (PG-13) 1:15, 4:05, 7:05, 9:40
As Good As It Gets (PG-13) 1:00, 4:00, 7:00, 10:00
Fallen (R) 2:50, 5:20, 8:10
Tomorrow Never Dies (PG-13) 1:00, 4:00, 7:00, 9:45
Amistad (R) 1:15, 4:30, 8:00

MOVIE SCHEDULES

Film timetable for Wednesday, Feb. 4. For times on other days or to confirm these times, check local theaters.

ALTON CINE
2640 Clair St., 462-1131
Titanic (PG-13) 4:00, 7:45
Desperate Measures (R) 5:00, 7:00, 9:00

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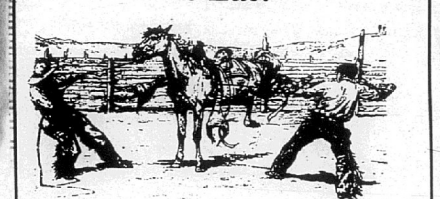
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APPETIZERS

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"TIM ELMORE" (THE RAMBLINGMAN) 2/6

QUAD CINEMA
Belleville, Ill. 233-1220
Good Will Hunting (R) 4:30, 7:15, 10:00
Great Expectations (R) 4:15, 7:00, 9:30
Titanic (PG-13) 4:00, 8:00
Deep Rising (R) 4:45, 7:30, 9:45

ST. CLAIR 10
398-8283
Moushant (PG) 2:15, 4:45, 7:15, 9:35
Flubber (PG) 1:15, 4:15
Firestorm (R) 7:10, 9:40
Phantoms (R) 1:30, 4:15, 7:00, 9:20
Half Baked (R) 2:30, 5:30, 7:30, 9:45
Desperate Measures (R) 2:10, 4:20, 7:25, 9:50
Spice World (PG) 2:05, 4:30, 7:20, 9:50
The Postman (R) 9:50
Hard Rain (R) 1:00, 4:00, 7:00, 9:30
Scram 2 (R) 1:10, 4:10, 7:00, 9:30
An American Werewolf In Paris (R) 2:30, 5:15, 7:30, 9:30

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NEWS

Calendar

(Continued from Page 5B)
CHEMICAL DEPENDENCY RELAPSE PREVENTION group meets from 6:30 to 8:30 p.m. every Monday at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3888.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. every Monday at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

DIABETES SUPPORT GROUP, 1 to 3

p.m., first Tuesday of each month, President's Room, St. Elizabeth Medical Center, 798-3456.

ALLIANCE FOR THE MENTALLY ILL OF MADISON COUNTY (AMI) meets the first Tuesday of each month from 7 p.m. to 9 p.m. at the Mental Health Clinic, 50 Industrial Drive, Granite City. For information call 798-3604.

CUPFULIANCE FOR THE MENTALLY ILL will meet at Market Avenue Church of God, 1505 in East St. Louis every fourth Saturday of each month from 2 to 4 p.m. For more information, call (314) 668-8031.

BETTER BREATHERS, support group of those with chronic lung condition, second Tuesday of each

month, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3118.

MASTECTOMY SUPPORT GROUP, 7 to 9 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, second Tuesday of each month, 798-3510.

LUPUS ERYTHEMATOSUS SUPPORT GROUP, sub-chapter of Illinois Lupus Foundation, 7:30 p.m., third Tuesday of each month, Memorial Hospital auditorium, Belleville, 233-7750, extension 5860.

PARENTS OF MURDERED CHILDREN, St. Louis Chapter, 8 to 10 p.m., the third Tuesday of each month at the American Cancer Society Building, 4201 Lindell Blvd., St. Louis. For more information call 452-2149 or

(314) 391-2230.

SPOUSE SUPPORT GROUP, sponsored by Namecki United Methodist Church, meets the third Tuesday of each month. For meeting time and place, call the church at 577-1836.

SINGLES CONNECTION upcoming events are: Work out with bowling at the SIUE University Center. Meet at 7 p.m. Feb. 5. RSVP to Doris, 877-4506. Meet at 7 p.m. Feb. 6 for barbeque at Red Rib Shack at Highway 162 and Highway 159 in Maryville. RSVP to Lisa at 877-6970. Shriner Krazy Klowns have their dinner at 6:30 p.m., followed by the dance and auction at 9 p.m. Feb. 7. Tickets are \$20 each. RSVP to Doris, 877-4506. Theme is Mardi Gras, those attending may wear a

costume. Volleyball at Edwardsville YMCA, 6:30 p.m. Feb. 10. Volleyball is volleyball on a racquetball court with a softer ball. Cost is \$3 for three hours of play. Call Paul, 332-1731 for more information.

OSTOMY SUPPORT GROUP, 2 to 4 p.m., fourth Tuesday of every month, Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3167.

PEOPLE NEEDING PEOPLE BEREAVEMENT SUPPORT GROUP, 7 to 9 p.m., fourth Tuesday of each month, Wismar Room, first floor, St. Elizabeth Medical Center, call Hospice of Madison County, 798-3366.

Other

MADISON COUNTY ANNUAL

GROUP, meets at 7 p.m. every Wednesday. For more information call Dan at 452-2336 or Diane at 676-1360.

MADISON COUNTY GENEALOGICAL SOCIETY, meets 7 p.m., second Thursday of each month, at Immanuel United Church, 800 N. Main, Edwardsville.

EDWARDSVILLE KENNEL CLUB, 7:30 p.m., second Thursday of each month, Hayes Mallory Community Building, 213 Crane St., Edwardsville, open to public.

EAGLES AUXILIARY 1126 BINGO, 1 p.m. every Sunday at the Namecki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffles.

Help

(Continued from Page 6B)
of last year's forms. This is a free service sponsored by the AARP and the Internal Revenue Service. It runs through April 15.

For questions or more information, call 277-5511 between 8 a.m. and 12 p.m. after Feb. 1. PSOP Senior Center, 201 N. Church St., Belleville, 8 a.m. to noon Mondays through Fridays.

Magna Bank NA — 19 Public Square, Belleville, 9 a.m. to 3 p.m. Mondays, Wednesdays and Fridays.

Nations Bank — 23 Public Square, Belleville, 9 a.m. to 3 p.m. Tuesdays and Thursdays.

Magna Bank — 4600 W. Main St., Belleville, 9 a.m. to 3 p.m.

Tuesdays and Thursdays. First Financial Bank — 6902 W. Main St., Belleville, 9 a.m. to 3 p.m. Tuesdays and Thursdays.

Magna Bank — 1300 N. Belt West, Swansea, 9 a.m. to 3 p.m. Mondays and Tuesdays. Central Bank — 1 Central Bank Bldg., Fairview Heights, 10 a.m. to 2 p.m. Tuesdays.

First Financial Bank — 6550 N. Illinois St., Fairview Heights, 9 a.m. to 2 p.m. Wednesdays.

Magna Bank 19950 Lincoln Trail, Fairview Heights, 9 a.m. to 2 p.m. Tuesdays.

Collinsville Senior Center, 411 E. Main St., Collinsville, 9 a.m. to 2 p.m. Thursdays and Fridays.

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- Intermediate Oil Painting
- Oil Painting: Forest
- Nature Craft
- Art Workshop for Teachers
- Creative Photo Album Design
- Bridal Design Workshop
- Party and Shower Favor
- Decoupage: Victorian Hat Box

Business & Computers

- Computers Don't Bite
- Windows '95 For Absolute Beginners
- Windows '95 Workshop
- Quick'n'Basic
- Microsoft Word Workshop

Personal & Professional

- Basics of Signing
- Sign Language for Child Care/Educational Providers
- The Nuts & Bolts of Interviewing/Assertiveness
- Gender Dynamics
- Conflict Resolution
- Getting In Touch With Oneself
- Humor For The Health Of It
- Introduction to Aromatherapy
- Attention Limited
- Adult Attention Deficit Disorder
- Home Alone - Is Your Child Ready?

"Do" Discipline Vs. "Don't" Discipline

- Rape Aggression Defense System
- Firearms: Skills & Safety
- Ventriloquism for Beginners
- River Lore: Steamboats on the Western Rivers
- Dressmaking: Wigs Art

Home & Garden

- The ABC's of Lawn Care
- Herb Gardening
- Raised Bed Gardening
- Low Maintenance Landscaping and Gardening
- Water Gardening
- V.C.R. Cleaning
- House Plumbing Repairs
- Do-It-Yourself Electrical Repairs
- Lawn Mower Maintenance
- Drywall Repair and Installation
- Ceramic Tile Installation
- And Repair
- Do-It-Yourself Windows
- Valances

Just For Kids

- Make It And Take It Crafts
- Ventriloquism for Beginners
- Recycled Art
- Mask Making
- Memory Box
- Magic Candles
- Medieval Knight
- Have You Hugged Your Mommy Today?

The Cook's Career

- Beginning Cake Decorating
- Advanced Cake Decorating
- Herbal Edibles
- Spring Cookie Bouquet

Study examines family, diabetes

By Mark Hodapp
Staff Writer

Thelma Obermeier's family has a history of diabetes. "My grandmother on my father's side went blind from diabetes," said Obermeier, 73, of Belleville. "My grandmother on my mother's side also had diabetes and went blind."

While Obermeier and her younger brother have diabetes, her older sister, Dorothy Day, 74 of Swansea, does not.

Doctors at Washington University in St. Louis are now trying to find out why.

Obermeier and Day recently participated in a national study, which is being conducted by Dr. Alan Permut. In 1993, Permut became the first physician to identify diabetes as a genetic disease.

In his latest study, Permut is trying to determine if there is a genetic marker or a certain chromosome that causes Type 2 diabetes, which typically strikes people 30 or older. He hopes to complete the study in two years.

Heather Robertson, a registered nurse at Washington University and who is helping Permut conduct his research, said an estimated 6 million people in the United States suffer diabetes. Another 6 million have the disease, but don't know it.

Robertson said what is happening to Obermeier and Day isn't unusual.

Generally speaking, if one family member has diabetes, there is a higher chance that another family member will have it, she said.

Doctors don't know why some people are able to produce enough insulin on their own or why some people who make enough insulin aren't able to use it, Robertson said.

Obermeier first learned she had diabetes 20 years ago. She said doctors believe her case, as well as her brother's case, is weight-related.

Obermeier said she is closely following Permut's study, which started three years ago.

"I certainly hope something comes good out of it," she said.

If anything, Obermeier said Permut's study will heighten awareness about diabetes.

For more information, Call 1-800-518-0308.

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Call (314)362-8682 (800)518-0308

Washington University in St. Louis School of Medicine

Today's Food

Wednesday, February 4, 1998

Food & Nutrition

Wise Ways

Controlling or maintaining one's weight indicates a goal of long-term management, rather than reacting to problems only when things get out of control.

INSIDE

Heart-y Bites

Stiffles and snuffles need tender, lovin' care without tossing sensible eating out with crumpled tissue.

INSIDE

Blue Ribbon Cook

Red is the color of a winning salad that takes it dramatic hue from beets, beans and red pepper.

INSIDE

Private Label Test Run

Ravioli and tortellini take a quick supper start from the freezer these days. Tasters check out a local store's brand.

INSIDE

Micro Raves

Healthy, hearty snacks keep body feeling refreshed and full throughout the busy day.

INSIDE

Lively Taste

On the day when scrambled eggs or yolk-free egg product is on the menu, top them with warm salsa, chopped fresh cilantro and shredded cheese (which can be fat-free too, if desired). Fill an omelet with roasted onion and fresh rosemary. For an almost-benedict, serve an egg with a slice of Canadian bacon on a toast-English muffin. Top with a sauce made with a 'cream of...' soup thinned with 1/4 cup milk; keep it low in fat by using a creamy nonfat soup with nonfat milk.

Health & Fitness

Medicine Chest

Older people sometimes miss their opportunity to get immunizations that often are offered free.

INSIDE

Fresh Picks

The bright color of carrots is attractive, but many still don't pick them. Don't bother to smother them in butter; use chicken broth instead. The practice of adding a touch of sweetness when cooking them is sound. Try 1 to 2 tablespoons honey or brown or granulated sugar. Sweet spices -- like ginger and mint -- finish them grandly. Another flavorful trick is to offset the sweetness with tangy fresh lemon juice and grated lemon rind.

Big Fat Tip

Cookies can be a thorn in a healthy eater's side, particularly if they are seen as a forbidden food. Check choices. Eight vanilla wafers have fewer calories than four vanilla sandwich cookies. Graham cracker squares and ginger cookies are good choices, too. Maybe the number is more important than the kind, as an eater can devour eight to 10 instantly without tasting any of them. The next time, savor one by the bite or nibble, so one or two is satisfying. Fat-free cookies may save fat, but often have the same number of calories as their original versions.

Future Shop

Food seems to be more affordable than taxes in America. According to statistics compiled by the U.S. Department of Agriculture's Economic Research Service, Monday -- known as Food Check-Out Day -- is when Americans have worked long enough to pay for the yearly food supply. Americans spend, on average, 10.9 percent of their disposable income to pay for the annual food supply. This is one day less than last year and three months earlier than it would take people to work continually to satisfy their tax burden. The decline in percent of total disposable personal income for food has declined over the last 25 years, in spite of trends that Americans buy more expensive convenience foods to prepare at home and eat more food away from home. In 1970, Food Check-Out Day would have been Feb. 20.

Oh, Joy!

By Janice Denham
Staff writer

Anyone who hasn't finished reading a copy of "Joy of Cooking" from before 1997 can quit now. Time has run out. A new, 1,136-page revision is on the market, waiting to become an updated bible for cooking information and confidence.

Originally printed in 1931 by Irma Rombauer, a widow who took on the task of writing out recipes for her children who were leaving home, "Joy of Cooking" became a bible of cooks, brides and enough other people -- 14 million in all -- who have followed it through American cooking history.

She had collected recipes since her marriage and

Ethan Becker's latest "Joy of Cooking" is the sixth revision, the first one since 1975, designed to orient today's cooks with culinary history, yet help and inspire them in their kitchens today.

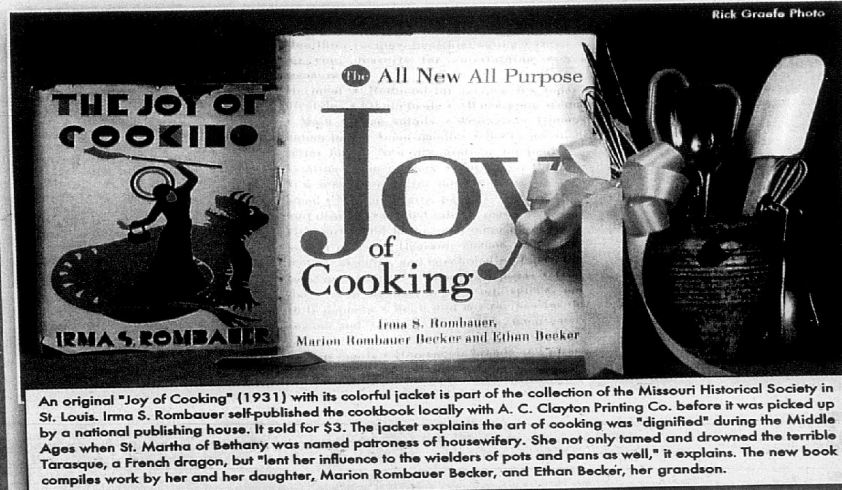
the book reflected the social change of housewives heading into the kitchen without paid help. It was called "A compilation of reliable recipes with a casual culinary chat."

Ethan Becker, co-author of the 1997 version (Scribner, \$30), is her grandson. A longtime resident of Cincinnati, Ohio, he grew up at the knee of his grandmother and mother, Marion Rombauer Becker, who became a co-author in 1951 after illustrating the previous editions. The original book's author died in 1962, her daughter in 1976.

He remembers spending a lot of time on planes between Cincinnati and St. Louis.

"As a child, when I got on the TWA Constellation

SEE JOY INSIDE TODAY'S FOOD PAGE 2



THE JOY OF COOKING
IRMA S. ROMBAUER

The All New All Purpose Joy of Cooking
Irma S. Rombauer, Marion Rombauer Becker and Ethan Becker

An original "Joy of Cooking" (1931) with its colorful jacket is part of the collection of the Missouri Historical Society in St. Louis. Irma S. Rombauer self-published the cookbook locally with A. C. Clayton Printing Co. before it was picked up by a national publishing house. It sold for \$3. The jacket explains the art of cooking was "dignified" during the Middle Ages when St. Martha of Bethany was named patroness of housewifery. She not only tamed and drowned the terrible Tarasque, a French dragon, but "lent her influence to the wielders of pots and pans as well," it explains. The new book compiles work by her and her daughter, Marion Rombauer Becker, and Ethan Becker, her grandson.



TUNA SALAD Sailboats

Slice tops off dinner rolls and hollow them out.
Flake 1 can (6-1/8 ounces) tuna. Add 1/2 cup crushed corn chips, 4 tablespoons chopped green or red bell pepper, 4 tablespoons chopped celery and 1/2 teaspoon pepper. Mix well with 1/2 cup mayonnaise. Fill rolls with tuna salad.
Using peanut butter, affix tortilla chips to pretzel sticks to make little "sails." Add them to top of "boats."
Makes 4 servings.

Kids' Cuisine

Math Unhardt graphic

Today's Food

Private Label Test Run

Frozen ravioli gets cooking test for handy lunch

Affirmative responses to Schnucks frozen ravioli and tortellini came as quickly as they cooked.

Precooked meat ravioli and meat tortellini each was ready in about the three to four minutes of rapid boiling the plastic bags promised, although an extra minute or two in heavy boiling doesn't hurt it for softer results. Each costs \$2.79 for a 17-ounce package. Neither clumped nor broke apart.

A 13.1-ounce package of breaded, toasted ravioli was ready in six minutes as promised, in a preheated 475° oven. It cost \$2.99.

All prices are similar to other brands. Each product should be heated straight from the frozen state.

The toasted ravioli took highest reviews.

"The toasted ravioli was extremely good — better, I think, than some of the better known brands I've tasted," a taster, who participated in an earlier test

Run of toasted ravioli by itself, said.

"The toasted ravioli is crisp and meaty. The price is reasonable. I plan to purchase more," another head-of-household said.

Others added there was plenty of filling without oozing onto the baking sheet, there weren't holes in the filling after cooking and the coating was very flavorful, while not too heavy.

Although there were those who preferred either the tortellini or the ravioli, the tortellini seemed to have more siding with it.

"I liked the tortellini best. The meat had a fresh flavor and the pasta stayed moist," a tester said.

Although there were varying sentiments, most felt the texture of the tortellini shell was better than that of the ravioli, because it was less stiff. A couple called the texture "less rubbery."

Each of the products had



Schnucks toasted ravioli, as well as plump ravioli and tortellini, go straight from the freezer to the oven or a pot of boiling water for cooking in less than 10 minutes.

an admirer who called it of "restaurant quality."

A taster who preferred the ravioli said, "The ravioli

has a nice combination of meat and pasta."

Testers could add a warmed pasta sauce to the products to make them more like they would be prepared at home. An undercurrent of responses tended toward the sentiment that it brought out the best flavor of either of the boiled products, but it added more to the ravioli than the tortellini on its own.

Price and convenience did not escape the testers' assessment.

An almost non-cook was amazed at the products quality for the minute preparation.

"Schnucks ravioli sounds easy enough to make and is a bargain meal at only \$2.79," he said.

A tester put into its place in her life.

"These would be good for a quick dinner and to keep for lunch," she said. The toasted ravioli comes in a plastic bag in a carton, while the other pasta that are boiled come in plastic bags.

Micro Raves

By SANDRA HOUNSOM

End-of-the-day snack relieves hunger pangs

Say the word "snack" and immediately thoughts of fattening foods come to mind. That need not be the case, even for children, who come home from school with visions of a fistful of cookies, candy or chocolate cupcakes in their eyes.

Snacks can be used to fulfill part of a day's nutrition needs. A milk-based beverage provides calcium, protein and vitamins A and D. Meat provides protein, and fruits and vegetables provide vitamins A and C, some minerals and fiber.

There are easy ways to do it. Move dessert away from the meal and give it a new role as a snack. Buy plain yogurt and add ½ cup of a favorite fresh fruit.

A microwave oven helps make snacks even a finicky child likes. Make a crunchy snack that takes longer than two bites to eat, so a child gets to a point of feeling full.

Pop a bag of lite popcorn as the package directs in a microwave oven. In a large bowl, combine the popped popcorn with 2 cups of low-fat cheese and a low-fat sour cream with dried onion vegetable flakes. The kids will be excited to see a special treat.

If they are suspicious of anything homemade, prepare it when they won't see it and place in a serving dish covered with plastic

coat evenly. Stir in ¼ cup grated parmesan cheese and 1 tablespoon dry Italian salad dressing mix. Each 1-cup serving has only 128 calories.

Kids can help make their own peanut butter logs. Toast whole wheat bread, then cut each slice in 4 strips. In microwave-safe bowl or measure, melt ¼ cup smooth peanut butter on high power 20 to 30 seconds, stirring after 20 seconds, until smooth.

Place 1½ cups cornflakes cereal in a resealable plastic bag. Close. Crush to form crumbs.

Pour peanut butter onto a plate. Place crushed cereal on a second large plate.

Dip toast in peanut butter, then roll in cereal to coat evenly. Freeze about 10 minutes to set peanut butter.

Vegetables may not rank high on a kid's list of favorite foods, but they can move up in ranking if they are available with a dip.

Make a low-fat dip using light neufchatel cream cheese and a low-fat sour cream with dried onion vegetable flakes. The kids will be excited to see a special treat.

If they are suspicious of anything homemade, prepare it when they won't see it and place in a serving dish covered with plastic

for a special-occasion treat — just as if they were company. Home economist Sandra Hounsom specializes in microwave cooking.

MARINATED VEGETABLE SNACK

- 2 carrots, cut in sticks
- 2 tbsp. water
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 medium cucumber, sliced, or 1 medium zucchini, cut in sticks
- ½ cup oil (see Note)
- 3 tbsp. white vinegar
- 1 tsp. oregano, crushed
- ½ tsp. salt
- ¼ tsp. pepper

In 3-quart microwave-safe casserole, place carrots and water. Microwave, covered, on high power 2 minutes. Add cauliflower and broccoli. Microwave, covered, on high power 2 minutes longer.

Combine vinegar, oil, oregano, salt and pepper in small bowl.

Pour dressing on top. Refrigerate, covered, at least 8 hours, stirring occasionally.

Note: Herb-seasoned oil can replace oil and oregano.

Joy

Continued from page 1
to go to St. Louis, I went into the cockpit and they used to let me fly the plane. When I was literally 8 or 9 years old, I would sit on the pilot's lap. I knew each pilot by name," he says.

He is excited about the contents of the new book.

"There is a lot more information and point of view in this revision. It is about as big as it can be and remain in one volume. Even my mother, who had a prodigious memory, could not remember everything in the book," he says.

The threads that took the book from a 500-recipe book to a 1,000-recipe book, through the changes with Rombauer Becker, where it acquired more of a reference-book attitude, have left the knotted repository with Ethan Becker, who attended Le Cordon Bleu in Paris, gardens organically and cooks with conviction and more flavor than his predecessors.

By the end of the year, he hopes to have a computer version, including ideas that did not fit into the book edition, and a system that generates shopping lists for recipes and perhaps a menu time line.

"The original recipes had that good German feel when bland foods were a hit. Beans were out of favor 20 years ago. That was poor people's food. We have discovered there is nothing wrong with basic foods," he says.

Flavors that accompany them are not from the mid-20th century.

"Americans have decided that bland is not necessarily best. We have gotten the impetus. When I was young, there were very few people in the neighborhood who had fresh garlic. We used it a bulb or two at a time. Now, when I buy 5-pound sack, very little of it goes to waste."

The road to publications over the years has not been glazed in marble. There have been copyright, royalty and paperback challenges, and clashing "visions" for the book. There were more than 100 individual consultants for chapters in this book.

"Out of 2,700 recipes, 2,500 are 'new,' including a lot of old recipes re-evaluated for taste, convenience and health and nutrition," Becker says.

While each recipe does not have nutrition ratings, there is a chapter on "diet, lifestyle and health" and references made throughout the book on ways to lighten recipes.

The two-column format continues, with ingredients in boldface. There still are no photographs, although the illustrations

BROWNIES COCKAIGNE

- 4 oz. unsweetened chocolate, coarsely chopped
- ½ cup (1 stick) unsalted butter
- 2 cups sugar
- 2 tsp. vanilla
- 4 eggs
- 1 cup flour
- 1 cup chopped walnuts or pecans

Preheat oven to 350°. Line 13-by-9-inch baking pan with greased aluminum foil, letting it overhang narrow ends of pan about 2 inches.

In large heavy saucepan over very low heat, melt chocolate and butter, stirring constantly until smooth. Let cool completely.

Stir sugar and vanilla into cool mixture. Stir in eggs until well combined. Stir in flour and walnuts until combined.

Scrape batter into prepared pan. Spread to edges. Bake in preheated oven 23 to 28 minutes until center is almost firm when pressed lightly and toothpick inserted in center comes out clean, but is still moist at the bottom.

Cool completely in pan on rack. Using overhanging foil as handles, lift brownie to cutting board. Carefully peel off foil. Cut in bars.

Makes 16 to 24 brownies.

BAKED CHICKEN WITH ORANGE JUICE

- 1 (3 lb.) chicken, cut in parts, or 3 lb. chicken parts
- 4 tsp. Dijon mustard
- ½ cup finely chopped onion
- 2 tsp. unsalted butter, cut in bits
- Salt and pepper to taste
- ¼ cup orange juice
- ¼ cup firmly packed dark brown sugar

Preheat oven to 375°.

Spread mustard on chicken skin. Arrange it skin-side down in shallow roasting pan or baking dish just large enough to hold it in single layer. Sprinkle with onion, butter, salt and pepper. Pour orange juice around chicken.

Bake on rack in middle of oven, basting once, 30 minutes. Turn over chicken. Sprinkle with brown sugar. Bake 15 to 20 minutes longer until chicken is tender and golden. If pan seems dry, add more juice. Place chicken on serving platter.

Pour juices into small saucepan. Boil over high heat until syrupy. Serve over chicken.

Makes 4 servings.

are more recognizable in today's world.

New chapters include "little dishes," with far-flung international ideas; pasta, dumplings and noodles; sandwiches, burritos and pizzas; beans and tofu; plus desserts and breads broken into many compartments, including "American fruit desserts."

There is a section on grains, with old and new ones listed alphabetically.

By the 1946 edition, the butter had been reduced, the oven temperature lowered (it's back up again to 350°) and a 13-by-9-inch pan designated. "Cockaigne" in the present title refers to the Becker home in Cincinnati.

The first recipe for stewing chicken in the chapter on soup and game from the original "Joy of Cooking" proclaimed it "the best way to prepare a large chicken of doubtful age." It called for cooking it two hours in ½-inch of water.

This baked chicken recipe, the 1997 book suggests, is a "perfect quick after-work dinner." It has a typically popular blend of flavors.

Medicine Chest

By REBECCA COLEY

Many older people come up short on tests, vaccinations

The Center for Disease Control and Prevention has a Behavioral Risk Factor Surveillance System survey where the health habits of more than 100,000 Americans in all states are determined by a phone call survey. The data analyzed from this shows some alarming data.

Nearly half the elderly are going without important preventative vaccines and medical tests.

Medicare covers many vaccines and tests, but it is clear health insurance coverage is not the only factor affecting the use of these services. Data from more than 22,500 Medicare patients shows only half are

receiving a flu shot, which can be obtained free of charge in most states. Only about 36 percent of the elderly receive a flu shot.

None of the states indicated more than half the elderly received the pneumococcal vaccine. This is a one-time vaccination encouraged for all older people. It prevents a pneumonia that can become serious in the elderly.

Women over the age of 65 should have a Pap smear every 36 months, but just 55 to 88 percent of women met this guideline.

These preventative measures can prevent illness and detect early cancers.

The CDC currently is exploring outreach programs to help older adults take advantage of these preventative measures. It asks his or her doctor about getting tests or vaccinations which may have been overlooked.

Registered pharmacist Rebecca Coley is a board member of the Saint Louis College of Pharmacy Alumni Association. Questions for her to answer in "Medicine Chest" can be e-mailed to her at rcoley@hlsmail.com or sent to: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Weight management preferred over fad diet

By now, the New Year's resolution to lose weight during the holiday is still tagging along. Waistbands on slacks don't lie. Losing weight can be frustrating. Most people

who continually lose and regain weight through dieting admit feeling out of control.

Weight management means controlling or maintaining one's weight. While weight loss implies a short-term activity, weight management is a lifestyle. A combination of healthy eating and exercise is the best way to maintain a healthy weight and also helps weight management. Being overweight is a chronic condition that can be controlled only with long-term changes:

- Start with small steps: Reducing calorie intake, eating less fat and controlling portion sizes are the first to take.
- One way to decrease calories is to eat a variety of foods low in calories and high in nutrients. Check the nutrition facts label for calories and grams of fat per serving. Also note the serving size to relate this to portion actually being eat-

en. Another way to lower calorie intake is to eat less fat and fewer high-fat foods. Eating smaller portions and limiting second helpings usually help, too, especially if the foods are high in fat and calories.

- Eating more vegetables and fruits without a lot of added fats and sugars can help lower calories. Be careful of high-fat sauces and dips.

- Pasta, rice, breads and cereals, foods at the base of the Food Pyramid, are healthy food choices. Again, beware of toppings and sauces that are creamy with fat.

- Consuming less sugary sweets — like candy, cookies, cake and soda — helps lower calories.

- When trying to lose weight, remember to exercise. Anyone not physically active should spend less time in sedentary activities, such as watching television, and be more active

throughout the day. Walk more. Move more. Take stairs. Reach for things on the floor. Start to walk with a friend in the mall, around the house or neighborhood, or use part of lunchtime for a walk.

The body becomes more efficient at using energy and the rate of weight loss may decrease as people continue to lose weight. Increasing physical activity helps drop weight and keep it off.

The U.S. Departments of Agriculture and Health and Human Services recommend that weight loss be done slowly and steadily. A generally safe rate is 1/2 to 1 pound a week until the goal is reached.

Healthy diets offer a variety of foods and do not restrict calories severely. Registered dietitian Jananne Finck is nutrition and wellness educator with the University of Illinois Cooperative Extension Service at the Springfield Extension.

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BACON.....	SHANKS.....	\$1.00 lb.
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1005 FOOD FOR LESS Recipe Contest ENTRY FORM

Attach this entry form to a copy of your favorite recipe and take it to your Food For Less supermarket. It could be selected to be the May 1055 Recipe of the Week.

Name: _____

Address: _____

Phone: _____

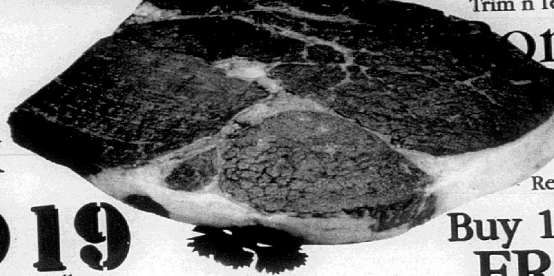
Prizes can not be returned. Weekly selection by judges is final.

FOOD FOR LESS

Regular Homo or 2% Reduced Fat

FARM
CREST
Milk

2.19
gallon



Trim n Tender Beef. Full cut.

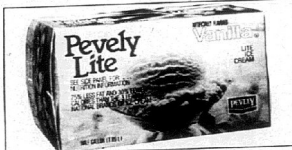
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Ground
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5.99



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Gallon regular

89¢



Citrus
Punch
Gallon

99¢



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99¢



Assorted Varieties
Farmland
Lunchmeats
15 oz. pkg.

88¢



Assorted Varieties
Rice
16 oz. pkg.

1.49



Assorted Varieties
Keebler Graham
Selects 13 to 16 oz.

1.89



Wonder
Country Style
Bread 16 oz.

99¢



Assorted Varieties
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39 oz.

5.79



Assorted Varieties
Best Choice
Toaster Pastry 11 oz.

99¢



Assorted Varieties
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2/3



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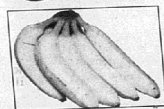
Regular & Diet
Pepsi or
Coke 2 liter bottles

88¢

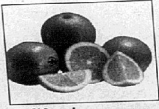
Limit 6

SAVE

FRESH PRODUCE



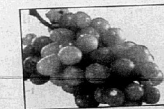
Golden
Ripe
Bananas 1 lb. / \$1



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Seedless
Navel
Oranges 10 bag / 1.98



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North Carolina
Jumbo
Sweet 1 lb. / \$1
Potatoes



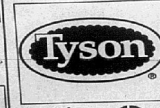
Assorted Varieties
Pizzeria
Pizza 26 to 30 oz.

2/9



Assorted Varieties
Pet-Ritz
Cream Pies 14 oz.

2/3



Assorted
Varieties
Tyson Dinners 9 oz.

2.19



Assorted Varieties
French Fries
23-32 oz.

1.39



North Star
Old Fashioned
Sundae Corn 6 pack

2.29



Miller
High
Life 30-12 oz. cans

9.99

SAVE
QUALITY
MEATS



Trim n Tender
Family Pack
Stew Beef 16 lb.

1.68



Best Choice
Wafer Thin
Meats 2.5 oz. pkg.

39¢



Best Choice
Bacon 16 oz. pkg.

1.38



Regular or Pepper
Farmland Thick
Sliced Bacon 24 oz. pkg.

2.48



Assorted Varieties
Louis Kempf
Seafood Crab
Delights 8 oz. pkg.

2.28



Farmland
Skinless Sausage
Links 12 oz. pkg.

78¢



Tyson Breaded
Chicken
Chunks,
Tenders or
Patties 12 oz. pkg.

1.98



Assorted Varieties
Meal Kits 26-30
12 oz. pkg.

4.98



Farmland
Braunschweiler
Hot Dogs 12 oz. chub

1.18

Trim n Tender Beef Boneless Rump or Sirloin Tip Roasts 1.98 lb.

1.98

Family Pack Fresh Ground Round 16 lb. 1.68

1.68

Prices Effective 2-4-98 thru 2-10-98

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4 5 6 7 8 9 10



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1127 MADISON AVENUE, HOURS MON-SAT 8:00 AM-9:00 PM, SUN 8:00 AM-7:00 PM

HIGH RIDGE
2713 HIGH RIDGE BLVD & HWY 30, HOURS MON-SAT 7:00 AM-9:30 PM, SUN 8:00 AM-9:00 PM

*Personal checks Welcome W

†Some items may not be available at all locations

*We Reserve The

Blue Ri

Colorful

Genevieve S. Louis, is winning this week's recipe Red Vegetable prize is dinner from the Pasta. This makes a of salad. It make, because many of its being canned overnight for vor. Reducing vegetables yie quantity. Use bowl to show effects. Recipes for

CONSIDERING...
Cons...
Considering...
Big Decision!!
Really...
Either way - Do...
Get all your que...
"H...
At no cost or c...
participants. On h...
to help give...
Thursday...
CENTURY...
2023 Johnson...
Century...
Office: 874-5...

Today's Food

Blue Ribbon Cook

Colorful salad says, 'It's easy being red'

Genevieve Spencer, St. Louis, is winner of this week's recipe contest for Red Vegetable Salad. The prize is dinner certificates from the Pasta House Co. This makes a large bowl of salad. It is easy to make, because it relies on many of its vegetables being canned. It can sit overnight for delicious flavor. Reducing some of the vegetables yields a smaller quantity. Use a clear glass bowl to show its colorful effects.

Recipes for the Seafood

Louis, Mo. 63131.

RED VEGETABLE SALAD

- 1 pkg. mild Italian salad dressing (Good Seasons suggested)
- 1 tsp. sugar
- 1 can (16 oz.) sliced beets, drained
- 1 can (16 oz.) french-sliced green beans, drained
- 1 can (16 oz.) sliced carrots, drained
- 1 can (16 oz.) red kidney beans, drained
- 2 ribs celery, chopped
- 1 small red onion, thinly sliced (about 1/2 cup)
- 1 small red bell pepper (or 1/2 large one), sliced
- Chopped fresh parsley

Prepare salad dressing according to package directions, adding sugar so it dissolves. Marinate at least 2 hours or overnight.

Heart-y Bites

Sniffly routine may chart future achy-breaky heart

Like a badge of illness, the wastebasket near the bed, desk or work station brims with used white — or pink, if you please — tissues. Nose chapped and cheeks flushed, a body feels stiff and chilled, as if entering a deep freeze from an inferno.

Yearning to restore health to the body, a person may offer irrational promises and superstitious hexes. Alas, it is too late. Preparation is the best medicine.

Lucky is the sick one who has an "on-call" nurse to drive to the pharmacy for remedies, then swing by the supermarket for favorite get-well-quick foods for the body and a video to busy the mind. However, even that effort takes time. Throughout this unpredictable cold and flu season, when symptoms strike in hours, it is best to be pre-

pared. Begin the list by stocking necessities — cold and flu medicine, aspirin, ibuprofen, cough syrup, cough drops, antihistamine, a couple boxes of tissues, lip balm, vapor chest rub and a "fun" magazine that does not require a lot of thought to read. Stock up on a box of low-fat, low-sodium saltine crackers, clear carbonated beverages in cans so each serving is fully fizzed, gelled dessert mixes and several canned fruit favorites.

For convenience, back up favorite home-cooked foods in their canned and instant version. Be careful, because this can be a landmine. Manufacturers can supply enough salt in a few slicks.

To make it easy, look for low-fat, low-sodium items, like usual, so recovery

from a temporary illness does not contribute to long-term effects of heart disease.

Stock instant pudding and tapioca to make with skim milk or reconstituted nonfat dry milk, a variety of canned or dried soups, no-vegetables and fruits and frozen dinners. While scanning the freezer section, consider a flavor of low- or no-fat frozen yogurt or ice cream.

With this preparation, even the worst symptoms can be babied.

A milkshake is easy to whip up. It packs a powerful punch of energy and flavor, cool and soothing when a person is not in top form.

Registered dietitian Libby Mills is a staff member of the American Heart Association, St. Louis Chapter.

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STRAWBERRY MILKSHAKE

- 1/2 cup skim milk
- 1/2 cup fresh or frozen whole unsweetened strawberries
- 1/2 tsp. vanilla
- 3 tbsp. instant nonfat powdered milk
- 1 ice cube

In blender, process milk, strawberries, vanilla and dry milk until combined. Whirl with 1 ice cube until frothy.

Makes 1 serving; 122 calories, 134 mg sodium, 20 g carbohydrate, 9 g protein and 0.4 g fat.

Recipes

BEEF-STUFFED SAUCY SHELLS DELICIOUS

- 1 (about 1 lb.) beef bottom round steak (1 inch thick)
- 1 small onion, chopped
- 1 large clove garlic, minced
- 1 tbsp. olive oil
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1 can (16 oz.) Italian-style tomatoes, crushed
- 1/2 tsp. Italian seasoning
- 1/4 tsp. leaf oregano
- 1/4 tsp. sugar
- 6 jumbo pasta shells, cooked
- 1/2 cup shredded mozzarella cheese
- 1 tbsp. grated parmesan cheese

In large saucepan, cook beef, onion and garlic in oil until beef is lightly brown.

Sprinkle salt and pepper on beef.

Stir in tomatoes with juice, Italian seasoning, oregano and sugar. Cover tightly.

Cook slowly 1 hour or until beef is tender. Uncover. Cook 10 minutes longer.

On cutting surface, shred meat with 2 forks. Return beef to sauce. Stir in mozzarella cheese.

Preheat oven to 400°. Lightly grease 1-quart baking dish.

Fill each pasta shell with 1/2 cup beef mixture. Place filled shells in prepared baking dish.

Bake, uncovered, in preheated oven 10 minutes. Sprinkle parmesan cheese on top.

Makes 2 servings; 568 calories, 27 g fat, 69 g carbohydrate, 633 mg sodium and 110 mg cholesterol each.

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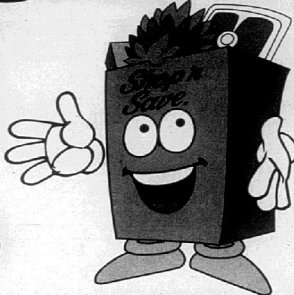
GRANULATED
Crystal
Sugar

129
4-LB.
BAG



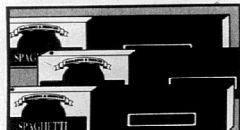
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5.25-5.5
OZ. BAG



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Kellogg's Cereal

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or Diet Coke

488
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CANS
LIMIT 3



24 CAN CUBE,
Pepsi, Diet Pepsi
or Mountain Dew

488
24/12-OZ.
CANS
LIMIT 3



ASSORTED VARIETIES
Ragu Spaghetti
Sauce

2/289
17-30 OZ.
JAR

SHOP 'N SAVE
Wheat
Sandwich Bread **99¢**

BROWN 'N SERVE
Shop 'n Save
Rolls..... **99¢**



TOMATO OR CREAM OF
MUSHROOM
Shop 'n Save
Soup..... **6/199**

FAC
Safari..... **269**
13-OZ. CAN

ASSORTED VARIETIES
SEASONS BEST
Tropicana
Orange Juice **3/495**

ASSORTED VARIETIES
Harlan Bigger
Better Bagels.... **98¢**

Shop 'n Save
Crescent Rolls... **119**
8-OZ. PKG.



Preferred Selection **3/\$1**
Spring Water.....

ASSORTED VARIETIES
Keebler
Cookie Stix... **2/298**

ASSORTED VARIETIES
Sunshine
Cheez-its..... **198**

SELECTED VARIETIES
WITH MEAT
Franco
American Pasta **99¢**

ORIGINAL OR COLORED
Reynolds
Plastic Wrap.... **2/\$4**



Bi-Rite Pine **2/139**
Cleaner.....

ASSORTED VARIETIES
Puffs Family Size **4/\$5**
Facial Tissue

ASSORTED VARIETIES
JUMBO OR PREMIUM
Pampers
Diapers..... **1149**

BABY FRESH
Pampers
Baby Wipes... **299**

ASSORTED VARIETIES
ULTRA LIQUID
Downy Fabric
Softener..... **2/695**



ORIGINAL OR WITH BLEACH
Tide Ultra Liquid
Laundry Detergent

999
200-OZ. BTL.

ASSORTED VARIETIES
Tide Laundry
Detergent... **1077**

REGULAR OR WITH BLEACH
POWDER
Cheer Laundry **999**
Detergent.....

Seafood, Deli & Bakery



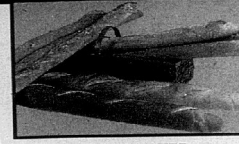
MESQUITE
Jennie-O
Turkey Breast

399
lb.



FARM FRESH
Catfish
Nuggets

159
lb.



FRESH BAKED
French
Bread

99¢
16-OZ.
LOAF

Cajun Prize
Roast Beef..... **299**
lb.

ALL VARIETIES
Rotisserie
Chicken..... **399**

FRESH
Black Tip
Shark Steak.... **299**
lb.

26-35 COUNT
Shell-On
White Shrimp... **699**
lb.

Fresh Baked
Apple Pie..... **2/\$5**

Hamburger
Buns..... **99¢**



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All New
Releases **99¢**
EACH

All Other
Titles **49¢**
EACH

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Lotion

99¢
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BTL.



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Bayer
Aspirin

299
50-CT.
BTL.

8-OZ. HAIRSPRAY OR
Suave Shampoo **89¢**
or Conditioner...

Opti-Free
Supra Cleans... **299**

Boost
Nutritional Drink **2/\$7**

Theragran M
Vitamins..... **679**

TOTAL OR WAVE
Colgate
Toothbrush... **179**

Mennen Baby
Magic Lotion... **2/\$3**

Colgate
Shave Cream... **79¢**

Colgate
Toothpaste..... **179**

2-OZ. CLEAR 2.25-OZ. STICK
2-OZ. A/P OR 1.8-OZ. ULTIMATE
Men's
Speedstick... **4/\$5**

1.5-OZ. STICK, 1.3-OZ. CRYSTAL
CLEAN OR 1.4-OZ. DIVISIBLE
Lady's Speed **4/\$5**
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Ice Cream

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& FRIES OR PANCAKE SAUSAGE
Swanson Great
Starts Breakfasts

89¢
3.5-4.5
OZ. PKG.

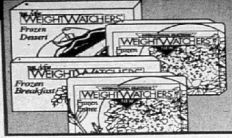


ASSORTED VARIETIES
Red Baron
Pizza

3/995
22-24.75
OZ. PKG.

Meadow Gold
Twin Pops

79¢
6-CT.
PKG.



DESSERTS, ENTREES OR
SMART ONES
Weight Watchers

4/\$5
4-11 OZ.
PKG.

Meadow Gold
Dream Bars

99¢
6-CT.
PKG.



ASSORTED VARIETIES
Kids Cuisine
Dinners

3/495
6.25-8.8
OZ. PKG.

ICE CREAM SANDWICHES OR
Meadow Gold
Fudge Bars

1 29
6-CT. PKG.



ASSORTED FLAVORS
Edy's Homemade
Ice Cream

2/\$5
HALF
GALLON

ASSORTED VARIETIES
Dole Concentrated
Juice

3/399
12-OZ.
CAN

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ASSORTED VARIETIES
Campbell's Family
Size Soup

1 19
26-28.25
OZ. JAR

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Gravy Train
Dog Food

699
17.6-OZ.
PKG.



ASSORTED VARIETIES
Franco American
Gravy

2/\$1
10.5-OZ.
CAN

BOLD OR ORIGINAL
A-1
Steak Sauce

3 19
10-OZ.
BTL.



REGULAR OR LITE
Log Cabin Country
Kitchen Syrup

1 99
24-OZ. BTL.

PLAIN OR IODIZED
Shop 'n Save
Salt

10¢
26-OZ.
PKG.



Kix
Cereal

2 99
13-OZ. BOX

ASSORTED VARIETIES
Pet
Cream Pies

99¢
14-OZ.
PKG.



Green Giant
Nibblers Corn

99¢
6-EAR
PKG.

APPLE OR CHERRY
Banquet
Pies

99¢
20-OZ.
PKG.

Lipton
Tea Bags..... **1 99**
100-CT. PKG.

Cool Whip
Lite..... **2 19**
16-OZ. PKG.

Liquor Dept. Values



Busch or
Busch Light

4 97
12/12-OZ.
CANS



Coors or
Coors Light

11 97
30/12-OZ.
CANS



Michelob or
Michelob Light

6 97
12-N/R
BTLs.

OUR LOW SALE PRICE \$1.97
QUOTING DRAFT OR
Miller Lite..... **997**
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ASSORTED VARIETIES
Sam
Adams..... **4 99**
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Red Dog or
Ice House..... **5 99**
19/12-OZ. CANS

REGULAR, LIGHT
OR DRAFT
Hamm's..... **6 99**
24-CT. BTL.

Miller
High Life..... **99¢**
750 ML. BTL.

OUR LOW SALE PRICE \$9.99
Gordon's
Gin..... **6 99**
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Zima..... **4 49**
6-CT. BTL.

Corona..... **4 97**
6-CT. BTL.

Heineken..... **8 99**
12-CT. BTL.

Absolut
Vodka..... **13 99**
750 ML. BTL.

Please Be
Responsible.

Don't Drink
& Drive

OUR LOW SALE PRICE \$6.99
Seagram's
Canadian Hunter..... **6 99**
AFTER \$2.00 OFF MAIL-IN REBATE AVAILABLE IN-STORE

DeKuyper
Schnapps..... **5 99**
750 ML. BTL.

Jim
Beam..... **13 97**
1.75-LTR. BTL.

WHITE ZINFANDEL
BORAGANDY OR CHIANTI
Franzia..... **8 99**
6-CT. BOX

WHITE ZINFANDEL
Corbett
Canyon..... **2/\$5**
750 ML. BTL.

ASSORTED VARIETIES
Carlo
Rossi..... **6 49**
1-LTR. BTL.

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3 1/2 INCH PRINTS

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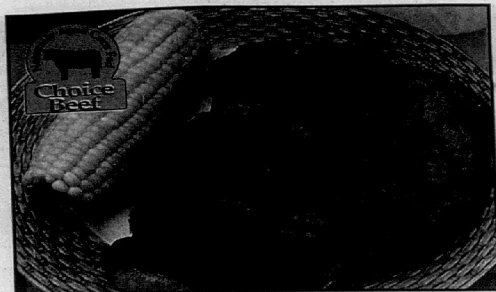
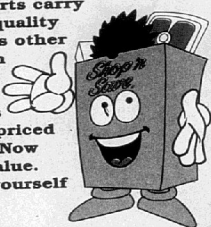
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R.B. Rice Pork Sausage.....1.79 1-LB. ROLL

Oscar Mayer Pork Sausage.....2.79 lb.



5-7 LB. AVG.
Honeysuckle Turkey Breast

1.19

lb.

Oscar Mayer Lunchables 4/\$5 4.5-OZ. PKG.

LITTLE SIZZLER LINKS Hormel Pork Sausage.....89¢ 12-OZ. PKG.

R.B. Rice Chili.....1.79 1-LB. ROLL



BOLOGNA OR
Eckrich Jumbo Franks

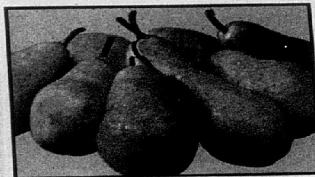
99¢

1-LB. PKG.

Hudson Cut Up Fryer....79¢ lb.

Hudson Boneless Thighs.....1.59 lb.

Family Pack Pork Cutlets.....1.99 lb.



Northwest Anjou Pears

4.8¢

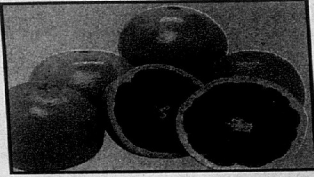
lb.

IMPORTED Peaches or Nectarines.....1.38 lb.

113-COUNT SIZE California Navel Oranges.....8/98

RED OR GREEN California Leaf Lettuce.....98¢ lb.

BUNCHES California Green Onions.....3/98

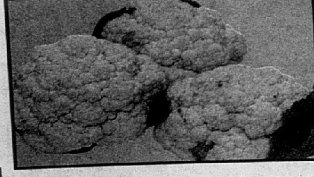


TEXAS, 48-COUNT SIZE
Rio-Star Ruby Red Grapefruit

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Dole Greener Selections Salads.....1.38 12-OZ. PKG.

Mann's Broccoli Slaw.....1.28 1-LB. PKG.



12-COUNT SIZE
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Ozark Micro Popcorn.....3/\$1 3-OZ. PKG.

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Fresh Cilantro.....98¢ lb.
Fresh Choy Sum.....2.28 lb.
PRO WHITE Bean Sprouts.....68¢ lb.
CRISP Sno Peas.....1.98 lb.
MELISSA Semolina.....2.78 16-OZ. PKG.
MELISSA Fresh Herbs.....1.98 16-OZ. PKG.



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